

Midseason Monitoring: The Importance of Appropriate Recovery Strategies

Massage therapy, hot packs, ice baths, compression garments, and more. All are strategies that you've likely heard about to optimise recovery after training and competitions. Time is limited and it's not likely that all of them can be done! This blogpost looks at your favourite recovery methods and explores the help they provide to the tired athlete.

1. Sleep & Relaxation

Sleep is a fundamental pillar in the foundation of athletic recovery, playing a pivotal role in enhancing both performance and overall well-being for athletes. Sleep emerges as a natural performance booster, with the body leveraging this time to fortify tissues, elevate energy levels, and consolidate memory and learning. You may have read in our earlier blogpost (HYPERLINK 'BLOGPOST' TO PRESEASON BLOG) about building a healthy sleep pattern and taking that time before bed to really relax. This means taking away things that put on a higher cognitive load such as intense training sessions the night before or stressful video games.

2. Hydrotherapy

Hydrotherapy is a well-liked technique for athletes to recover from rigorous training or competition. This therapy is submerging the body in water, usually using techniques such as contrast baths or ice baths (alternating between hot and cold water). The goal of hydrotherapy is to speed up recovery in between sessions by lowering tiredness, inflammation, and soreness in the muscles.

To keep reading, head on over to Carlingford Active Health's website for the full blog:

<http://www.carlingfordactivehealth.com.au/news/midseason-monitoring-the-importance-of-appropriate-recovery-strategies/>

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