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# 5 RULES FOR A SUCCESSFUL RECOVERY!

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## 1. Give your body time to heal!

Unfortunately injuries can happen and they can prevent you from doing something you love, but continuing to perform painful activity with the hope that it will eventually get better is an approach I have yet to see work. Our bodies are made up of a variety of different tissues including muscles, ligaments, bones, and so much more and all these tissues take time to heal. Depending on the severity of the injury healing can take anywhere from a couple of days to a few months. While rest is important, it is not the only answer to a successful recovery. This brings us to our next rule

## 2. Don't just rest!!!!

As mentioned above resting is not the only answer, you need to be active and move because movement and small stresses help to stimulate healing. If overdoing it is the worst thing you could do when injured then doing absolutely nothing is a close second. Go for a walk, ride the bike, workout different areas of the body, do less volume of activity, do less weight, there are multiple options to keep moving without causing more damage and prolonging healing. We want to do what we can without overdoing it, but how do you know if you are overdoing it?

## 3. Listen to your body!

Your body will let you know when you are doing too much. Let's talk about pain a little bit, pain is created in your brain as a response to a perceived threat. Our brain feels threatened because our nerves send it messages that basically tell it that we are in danger. Once we have had an injury our nerves and brain become more sensitive so the nerves will be quicker to send danger messages to the brain and the brain will be quicker to cause pain. This becomes a problem because our nerves and brain will send pain messages even if no damage is being done. The tough part is knowing what pain is ok and what pain isn't. A good rule of thumb is pain 3/10 or less is ok, and pain 4/10 or more is too much. A good way to check if this was the appropriate amount of pain is to see how you feel after. If you feel worse after and don't return to baseline within 30 minutes to an hour then it was likely too much, but if you were able to reach a 3/10 pain and return to baseline within the hour then that is perfect!



#### 4. Sleep!

When we are injured our body works hard to heal, harder than you would think. Our body undergoes multiple processes that allow it to heal effectively, but these processes require significant energy. This means our body needs appropriate sleep to have the energy available to recover. Typical recommendations for sleeping are anywhere from 7-10 hours of sleep per night. To optimally recover from an injury you should be getting at least 8 hours of sleep per night.

#### 5. Nutrition/hydration!

As we mentioned above, our body works very hard to recover and needs the energy and appropriate environment to recover. When we are recovering from an injury our body requires more calories and nutrition because of all the energy it is putting towards healing. Making sure we eat enough calories and enough nutritious foods is essential to recovery. A good rule is that you should never eat less than you normally would when you are injured. Lastly hydration is extremely important, water helps to drive nearly every function in our body and is required to have an optimal recovery. A good general recommendation is 16 cups of water per day for men and 12 cups per day for women.

Follow these rules and you will have a very successful recovery!