

HINDMARSH PHYSIOTHERAPY AND SPORTS INJURY CLINIC

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HOW TO RECOVER FROM EXERCISE AND TRAINING

At Hindmarsh Physiotherapy, we love educating our clients on how to exercise and train more safely and effectively. Exercise recovery does not take long or require much effort, but it is often neglected.

If you schedule recovery into your fitness routine, it will soon become second nature, and you will be helping yourself get the most from your exercise. How you spend your time between activity is just as important as what you do during.

Here's some pointers to help recovery



REST, BUT DON'T BE INACTIVE-

MAKE YOUR REST DAYS COUNT

Whenever you put your body under heavy load, you need to follow up with a period of rest so that your body can focus its resources on repairing damaged tissue. This repair process is how your body strengthens its muscles, tendons, ligaments and bones so that they can handle more load in the future.

If you don't give your body dedicated time to repair, you will become highly vulnerable to injury. Skipping rest days may seem like it will give you a shortcut to your fitness goals, but an injury will grind your training to a halt.

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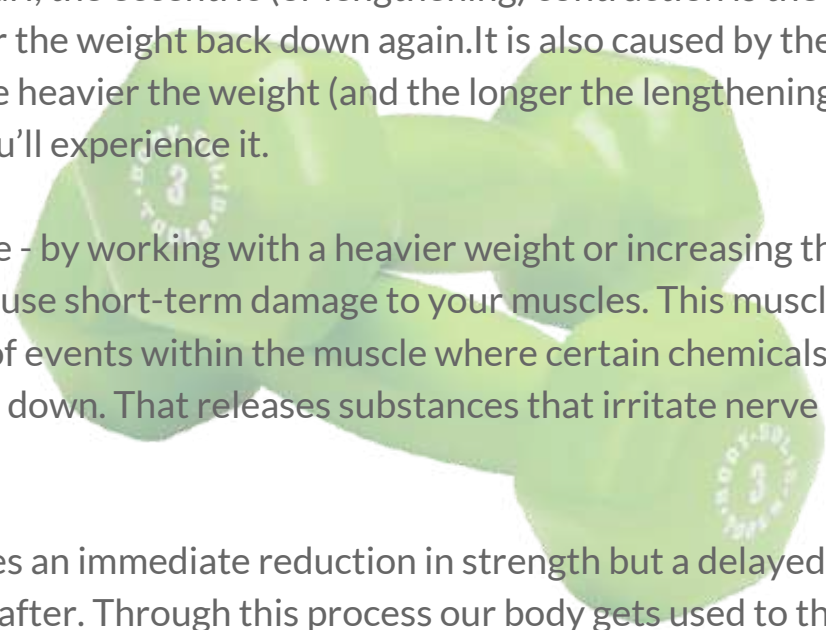
The majority of gym or sports based injuries are the result of people failing to moderate their load.

Listen to your body: if it's tired, give it a rest. But just because we call it a "rest day" doesn't mean you have to do nothing. Research has shown that light activity is more beneficial for muscle repair than complete rest. For example, a gentle walk, bike ride or swim can all keep your muscles active and mobile without overloading them.

This will help to reduce DOMS (delayed onset muscle soreness) and muscle stiffness. And if you're the type that has difficulty sitting still, it will ease your itchy feet during rest days. But mental burnout can be just as dangerous as physical, so if you're feeling overwhelmed and stressed, there's nothing wrong with putting your feet up for the day to recharge.

MORE ABOUT DOMS

DOMS is caused by eccentric, lengthening muscle contractions. So, if you take a simple bicep curl, the eccentric (or lengthening) contraction is the part of the exercise when you lower the weight back down again. It is also caused by the intensity of the workout, so the heavier the weight (and the longer the lengthening of the muscle), the more likely you'll experience it.



Changing your exercise routine - by working with a heavier weight or increasing the volume of our exercise - will cause short-term damage to your muscles. This muscle damage sparks off a "cascade" of events within the muscle where certain chemicals cause a protest where muscles break down. That releases substances that irritate nerve endings and cause pain.

It's a complex process that gives an immediate reduction in strength but a delayed pain and soreness usually 48 hours after. Through this process our body gets used to the new volume of exercise, and it becomes the new norm - establishing a new 'base' level of fitness.

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RELIEVE MUSCLE STIFFNESS

As muscles repair, their fibres can tighten up, making muscle stiffness something of an inevitability if you're physically active. Trying to exercise when you're feeling stiff increases your risk of injury, so make sure you lengthen tight muscles beforehand.

USE ACTIVE EXERCISE RECOVERY

Warming down after exercise

Warming down involves 5–15 minutes of extra exercise after the main exercise is completed. The warm down should be low intensity to allow your heart rate to drop gradually. Warming down also prevents muscle stiffening. The warm down does not have to be the same type of exercise as the main activity.

Post Exercise Stretching

Stretching after you have exercised is very important. Stretching should begin within 10 minutes of finishing exercise, before your muscles have a chance to tighten up. Some important points to remember while stretching are: Stretches can help to relieve minor stiffness, while more severe stiffness might require the use of a foam roller or a spike ball to soften up tough tissue. Massages and saunas can also leave you feeling more limber, with the bonus effect of a bit of relaxation and pampering.



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EAT HEALTHY, REHYDRATION, SLEEP PLENTY AND RELAX

Exercise is only half the battle if you want to be healthy.

Food and water isn't just vital for providing you with energy for your exercise but also giving your body the nutrients it needs to repair itself. Adequate quantities of water and electrolytes are needed for replenishment. Water, milk and sports drinks all have their role.

While your diet will depend on your fitness goals you can't go wrong with a balanced diet with plenty of protein and fresh fruit and vegetables, while avoiding heavy, high calorie, nutritionally lacking food.



Your body does most of its maintenance when you're asleep, so don't have too many late nights during a period of heavy exercise or activity.

Trying to exercise when fatigued is also an easy way to end up injuring yourself.

Sleep deprivation also contributes to chronic stress, which has many negative effects on your body, from impeded digestion to a weakened immune system and increased sensitivity to pain.

Relaxation isn't just good for your mind, but your body too. A holistic approach to health that covers both mental and physical health will provide far greater benefits than focusing purely on exercise.

FEELING ACHES AND PAINS? COME AND SEE US

Early intervention is key to preventing chronic injuries from developing.

If specific areas are consistently painful after exercise or you have pain that lasts more than a week, book an appointment with one of our Physiotherapists.

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We hope the above article was helpful. You can speak with one of our Physios for more tips and advice on exercise recovery. Call or email us and we will get back to you to answer your questions.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment, you are welcome to download these informative E-books that you may find useful to get you on your way.

OTHER RESOURCES



**MANAGING
KNEE PAIN**



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SPORTS INJURIES**



**MANAGING
BACK PAIN**

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You can call us on 83462000 at Hindmarsh or **CONTACT US ONLINE HERE** if you would like an appointment

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