



# RECOVERY STRATEGIES

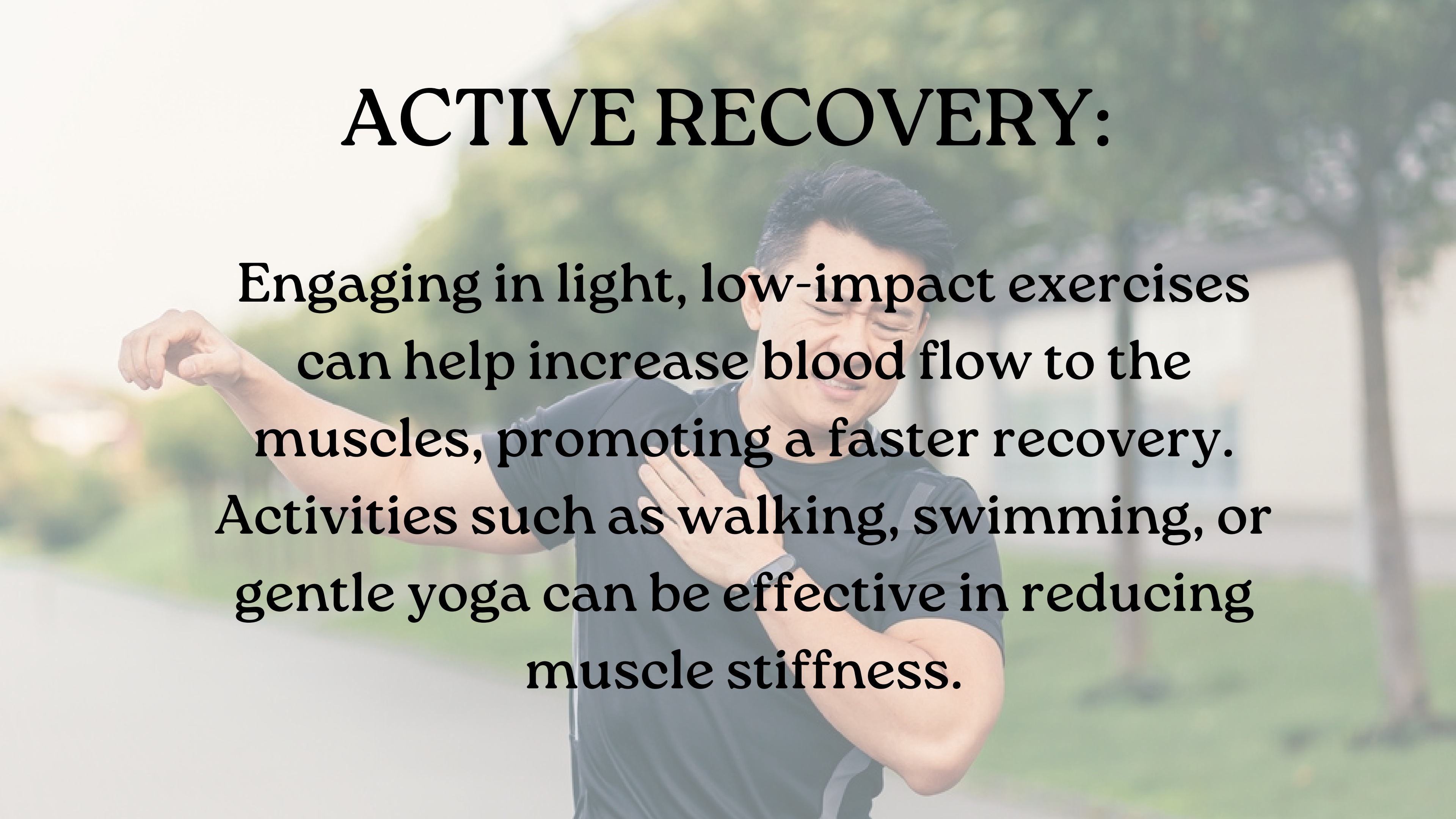
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# HYDRATION & NUTRITION:

Water aids in flushing out toxins from exercise and supports nutrient transportation to the muscles. Consuming a balanced post-workout meal that includes protein and carbohydrates is crucial when undergoing a muscle soreness recovery.

# **ACTIVE RECOVERY:**

**Engaging in light, low-impact exercises can help increase blood flow to the muscles, promoting a faster recovery. Activities such as walking, swimming, or gentle yoga can be effective in reducing muscle stiffness.**



# **MASSAGE & FOAM ROLLING:**

**Massage and foam rolling can alleviate muscle tension and improve flexibility.**


**These techniques help break down knots or adhesions in the muscles, facilitating better blood circulation and a quicker recovery.**

# REST & SLEEP:

Adequate rest is imperative for muscle soreness recovery. During sleep, the body releases growth hormones which play a vital role in repairing and building the tissues. Aim for 7-9 hours of quality sleep to maximize sleep.

# **ANTI-INFLAMMATORY MEASURES:**

**Incorporating anti-inflammatory measures, such as applying ice packs or taking over-the-counter NSAIDs (nonsteroidal anti-inflammatory drugs), can help reduce swelling and alleviate soreness.**



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