



## TIP OF THE MONTH

## Training Recovery Tips for Student Athletes

**Recovery – or taking time for your body to repair and rebuild after demanding activity – is vital to athletic success.** Too much physical exertion can lead to injuries. To fully recover after intensive exercise, our bodies need a minimum of 1-2 days per week of rest. These rest days should be free from all strenuous activity.

## So what should you do?

**Get Sleep:** [Ample sleep](#) is crucial to the healthy physical development of young athletes. Growth hormones are released into the body during sleep. These hormones manage muscle growth and repair, bone formation, and fat-burning capacity. Athletes need at least nine hours of sleep a night to allow their bodies to recover from activity. Lack of sleep can directly decrease performance.

**Hydrate:** While most athletes understand the importance of game day hydration, good recovery day [hydration](#) is just as vital. Water helps with more efficient nutrient uptake and aids in faster recovery.

**Eat Well:** Proper nutrition during recovery aids the body as it heals and replenishes its energy store for the next big energy burn.

**Stretch:** Tight muscles and trigger points can hinder our performance. By taking time to stretch or foam roll, athletes can release muscular restrictions and reduce their risks of in-game injury. See page 2 and learn to make foam rolling an element of your rest day routine.

**Have Injury Maintenance:** Athletes should use rest days to care for injuries. [Ice, heat,](#) or compression can be applied to facilitate healing. Refer to page 7 for more information about proper injury care.

If you're noticing that you're feeling run down, your performance is suffering, you're getting sick more often, and you keep getting injured, it's time to change your routine. Take time off, dial back your intensity, [cross-train](#) to add variety once you're adequately rested, and call us to treat any injuries. and after practices and games especially in the warmer months.



BACK PACK  
SAFETY  
101

Featured Article: [Back Pack Safety 101](#)

Here are a few tips to keep in mind when shopping with your child. Continue below for backpack safety tips to make sure your kids don't have any unnecessary back pain this year. [More...](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



***“The greatest glory in living lies not in never failing, but in rising every time we fall”***

— Ralph Waldo Emerson

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

## Grilled Chicken and Pesto Salad

This is an easy light end-of-summer dish. If you don't have time to grill, you can always pick up a rotisserie chicken from the grocery store. When we make this, we usually grill one breast per person and add the rest of the ingredients to taste.



## INGREDIENTS:

- Thinly sliced chicken breast
- Grape tomatoes halved
- Crumbled feta
- Artichoke hearts
- Pesto
- Salt & Pepper to taste

## DIRECTIONS:

1. Grill the chicken breast on medium heat for about 4 minutes on each side or until the chicken reaches 165°.
2. Cut the grilled chicken breast into bite-size pieces.
3. In a large bowl, stir in the rest of the ingredients until covered evenly by the pesto.
4. Serve and enjoy!