



# PHYSICAL RECOVERY

TREAT YOUR BODY RIGHT AFTER A TOUGH GAME OR PRACTICE. MAKE SURE TO COOL DOWN WITH A JOG AND TO STRETCH YOUR MUSCLES.

When you play hard, your body can pay a toll. Rest and recovery are just as important as physical conditioning to overall performance. When engaging in “recovery” activities, make sure you do not exceed 15 minutes and keep to a 60% maximum heart rate.

There are two different types of physical recovery: active rest and passive rest, and both are important.

## ACTIVE REST

Examples of active rest are:



Light jogging



Dynamic stretching



Light ball work



Yoga

## PASSIVE REST

Passive rest is just as important to an athlete’s performance. Passive rest is the amount of sleep an athlete is getting. Did you know that sleep plays a major role in athletic performance? Sleep deprivation increases the likelihood of fatigue, poor concentration and low energy. Research suggests an average sleep cycle of 7-9 hours per night is ideal for athletes.

## OTHER PHYSICAL RECOVERY PRACTICES

Other suggestions for physical recovery are:

- Hot and cold contrast showers
- Ice baths
- Foam roller massages
- Light swimming

### SOURCES

Taheri M, Arabameri E. The Effect of Sleep Deprivation on Choice Reaction Time and Anaerobic Power of College Student Athletes. Asian Journal of Sports Medicine. 2012 Mar; 3(1): 15–20.