

IS YOUR PHYSIOTHERAPIST CHARTERED?



Post Race Recovery Strategies

The Irish Society of Chartered Physiotherapists (ISCP) is providing the following information to advise you on post race recovery and injury prevention.

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www.iscp.ie / www.physicaltherapy.ie



Post Race Recovery Strategies

As uncomfortable as it may be, keep walking after you finish your race for 5-10 minutes; this will help prevent joint stiffness and muscle tightness minimising the onset of pain and aiding the recovery process.

Ensure you change into a warm set of clothes as soon as possible to prevent hypothermia.

Eat a high carbohydrate-protein combined snack within 30 minutes after completing your race. The carbohydrates kick start the replacement of muscle energy stores, the protein aids muscle repair. Eat a balanced meal within 2 hours after your race and ensure you rehydrate adequately.

Spend 10-20 minutes performing static stretches to prevent the onset of muscle soreness over the following days. Continue this routine for a few days. See attached stretches.

Soak your body in a cold bath (ice bath), lake or ocean within a few hours of your race. This aids in decreasing inflammation in the working muscles, thereby easing pain and aiding recovery.

Foam Rolling can be used to self-release tight muscles post race. See attached exercises.

A massage in the week following your race will aid your recovery and reduce muscle tightness.

Allow sufficient time for your body to rest before returning to training. It will take your body longer to recover after hard races or long distance events such as Marathons, Olympic and Ironman Triathlons - Try cross training/low intensity exercise such as walking, swimming, or the cross trainer to aid recovery without subjecting your body to large impact forces.

When present; attend the ISCP marquee past the finish line where Chartered Physiotherapists will be assisting Athletes with their cool down and giving advice regarding injuries.

Consult your Chartered Physiotherapist if you have any aches, pain or niggles that do not settle within a few days post race. They can perform an assessment, give you a diagnosis and treat you as required.



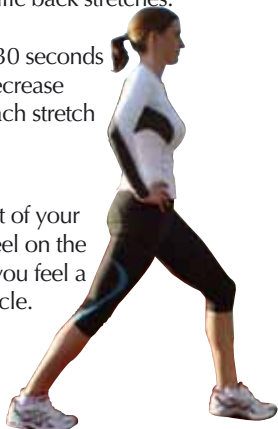
Static Stretches

Static stretching aims to lengthen muscles and help prevent muscle soreness and joint stiffness.

Below are examples of important static stretches that should be carried out after every race/training session. Speak to your Chartered Physiotherapist regarding specific back stretches.

All static stretches should be held for 15-30 seconds in order to increase muscle length and decrease muscle tension. Perform 2-3 repeats of each stretch on both sides.

1: Place your left foot in front of your right, bend left knee, right heel on the ground, lean forwards until you feel a stretch in your right calf muscle.



2: Place left foot in front of right; bend both knees, heels on the ground. Feel a stretch in your right Achilles tendon and calf muscle.

3: Hold your left foot in your left hand to stretch the front of your thigh. Keep your left knee close to your right. Extend your left hip slightly and keep your back straight.



4: Lie on your back, hug your left knee to your chest, slowly extend your knee until you feel a stretch and hold.



5: Place your right leg in front of your left, lean forwards bending your right knee until you feel a stretch in the front of your left thigh and hip; Keep tall to avoid extending at the lower back.



6: Lie on your back, cross your right foot over your left knee, hug your left thigh to your chest, feel a stretch in your right buttocks.



7: Stand with feet apart and facing forwards, bend left knee to stretch right inner thigh.



8: Stand a foot away from a wall; place your right hand against the wall. Turn your whole body to the left until you feel a stretch across the front of your chest.



9: Stand grasping your right elbow with your left hand as shown; stretch the elbow behind and toward your head so that you feel a stretch.



10: In standing hold your right elbow with your left hand, as shown and stretch your elbow and arm across your chest.



Foam Rolling

Foam Rolling involves using a small piece of equipment known as a foam roller to self release muscles that tighten during sport. By alleviating muscle tightness pre exercise foam rolling helps prevent the onset of injuries. If used after exercise it will help reduce muscle soreness.



Iliotibial Band Release

Roll the foam roller over your muscle until you find the tender spot. Hold over the tender spot for approximately 30 -60 seconds then roll along muscle and repeat if you find another tender spot.



Gluteal Muscle Release



Foam Rolling *(continued)*

Spend a 1-2 minutes on each muscle group. See the following examples of foam rolling.



Calf Muscle Release



Quadriceps Muscle Release

See www.iscp.ie for details on how to perform a dynamic warm up.

If any of the above stretches/exercises cause you pain, discontinue the exercise and consult your Chartered Physiotherapist.

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Remember, with Chartered Physiotherapists
you're in safe hands.



More information can be found at www.iscp.ie or www.physicaltherapy.ie, the Golden Pages or contact the ISCP at (01) 402 2148.

