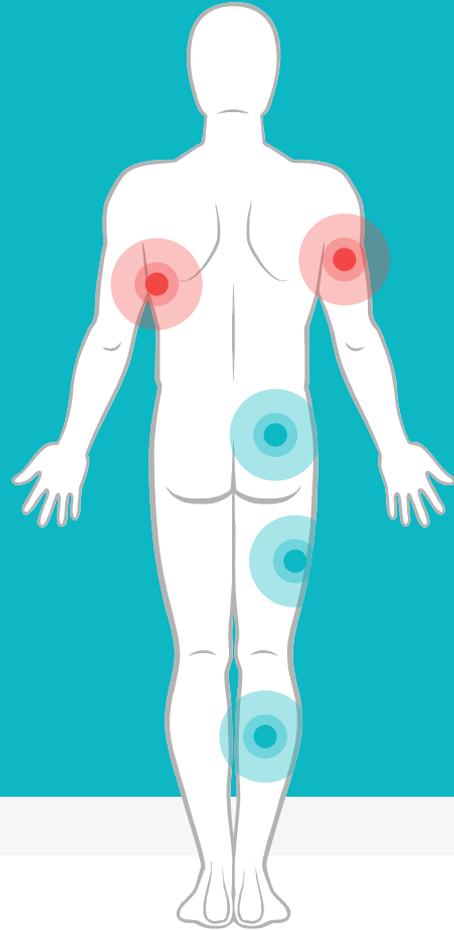


# RECOVERY



SPORTS LEADERSHIP CAMP 2021

## IMPORTANCE OF RECOVER

1. Allows time for body to adapt and improve after training
2. Repairs muscle damage & restores energy
3. Prevent overtraining and injury



# RECOVERY METHODS

## SLEEP

Most important recovery method that aids in muscle & mental recovery ( $\geq 8$ hrs sleep)



## NUTRITION

Important recovery method that replenishes energy & fluid supplies, and repairs the body



## FOAM ROLL

Self-manual technique that improves recovery and reduces delayed onset of muscle soreness



## STRETCH

Self-manual technique that improves blood flow & flexibility, and reduces muscle soreness



# FOAM ROLL

## BACKGROUND

Exercises with repetitive contraction of the muscles can develop tightness in myofascial tissue. It causes pain and reduces range of motion.

## WHY?

Releases myofascial tightness through applying pressure repeatedly along the muscles and “trigger points”

## HOW?

Apply foam rolling technique on affected areas :

- 3–5 sets
- 20–30 seconds per repetition

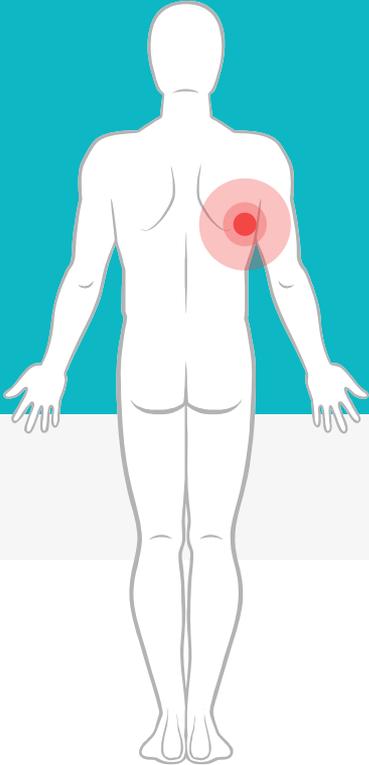


Trigger point



5

# TEST



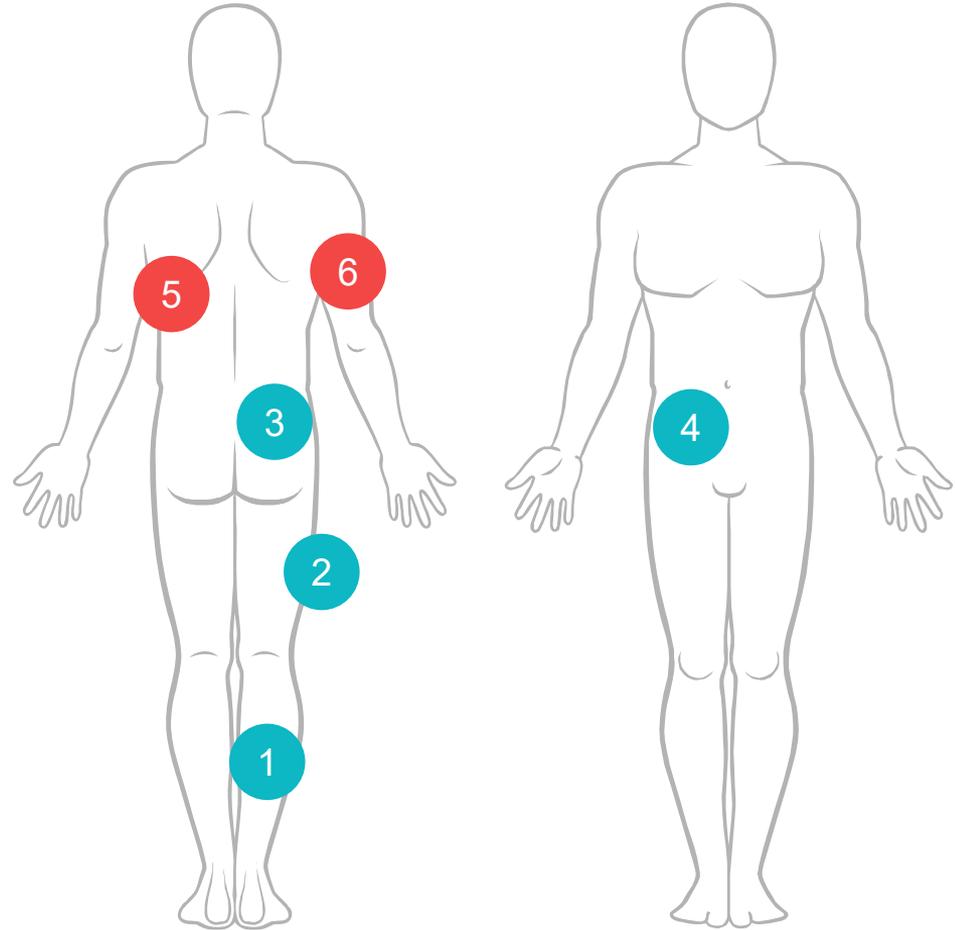
## Latissimus Dorsi

- Low range of motion
- Bend elbow
- Arched back



## FOAM ROLLING SITES

- 1) Calf
- 2) Iliotibial Band (ITB)
- 3) Glutes
- 4) Hip Flexor
- 5) Latissimus Dorsi
- 6) Triceps



# STRETCHING EXERCISES

1. ITB
2. Hip Flexor
3. Glutes
4. Back

