

Naughton, M., Miller, J. & Slater, G.J. 2018. Impact-Induced Muscle Damage and Contact Sports: Aetiology, Effects on Neuromuscular Function and Recovery, and the Modulating Effects of Adaptation and Recovery Strategies. *International Journal Of Sports Physiology and performance*, (13:8).

RECOVERY STRATEGIES FOR IMPACT-INDUCED MUSCLE DAMAGE

Reference : Naughton, Miller and Slater IJSP 2018

Designed by @YLMSportScience

Strategies identified to improve aspects of recovery following exercise-induced muscle damage are likely to assist recovery from impact-induced muscle damage

HYDROTHERAPIES

CRYOTHERAPY MODALITIES

COMPRESSION GARMENTS

DIETARY INTERVENTIONS
Antioxidant & protein

Given the increased secondary inflammatory response associated with from impact-induced muscle damage, strategies that preferentially target this response may provide additional benefit in aiding recovery

COLD-WATER IMMERSION



Positive effects in muscle soreness, secondary damage, and metabolite efflux following exercise-induced muscle damage

ANTIOXIDANTS



Tart cherry supplementation has been shown to improve strength recovery, inflammatory markers oxidative stress markers, and soreness. Similar results were observed following supplementation with blueberries

PREVENTIVE INTERVENTIONS



Prophylactic strategies, such as padding or strapping, may be effective in decreasing the magnitude of initial damage and thereby reducing the subsequent inflammatory cascade

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