Recovery from training and competition plays an important role in the overall success and well-being for athletes of all ages and skill levels. The ability to recover quickly and efficiently between bouts of physical activity can assist athletes in performing at their optimal level for the next practice or game. There are many recovery method options, and each individual should find the combination and duration that works best — both physically and mentally. The climate and training environment can also affect the recovery process. It is advantageous for all athletes to carefully examine their training schedule and look for opportunities to incorporate some of these strategies into their routine, finding the combination that gives them the best results. Specific areas that can maximize recovery include:

- Appropriate exercise and program design
- Proper hydration and nutrition — before, during and after training
- Adequate sleep every night
- Reduction of stress and anxiety
- Hydrotherapy, ice and rest
- Compression and massage modalities
- Active recovery — foam rolling and stretching, for example

Scott E. Hettenbach, MS, CSCS, TPI
Director, Sanford POWER Sports Performance
@SanfordPOWER

PROPER RECOVERY ESSENTIAL TO BEING A BETTER ATHLETE