
Recover Your Performance - Some Strategies

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Why do I need to recover? How can recovery strategies affect my running?

After your run, your muscles may be fatigued, ache or feel sore. Also, while preparing for the marathon, you may be running on consecutive days, so your fuel stores and muscle capabilities may be depleted. An adequate recovery will help reduce fatigue, inflammation of tissues and joints and muscle soreness. It can also promote refueling and thus, hasten a return to optimal performance capabilities.

What can I do to recover?

The following methods may help in reducing inflammation of tissues and joints, relieves soreness and speed up recovery:

1. *An ice bath*

➤ Soak your body/ legs in cold water for five to 10 minutes.

➤ Place an ice-pack onto your sore muscles for 10 to 15 minutes.

2. *A hot/cold contrast bath*

➤ Alternate two minutes in cold and warm water. Repeat three times.

3. Stretching.

4. Sports Massage.

5. Adequate nutrition and hydration (*refer to The Hot Topic – Heat Related Injuries*)