

Nutrition for Sports Injuries & Rehabilitation

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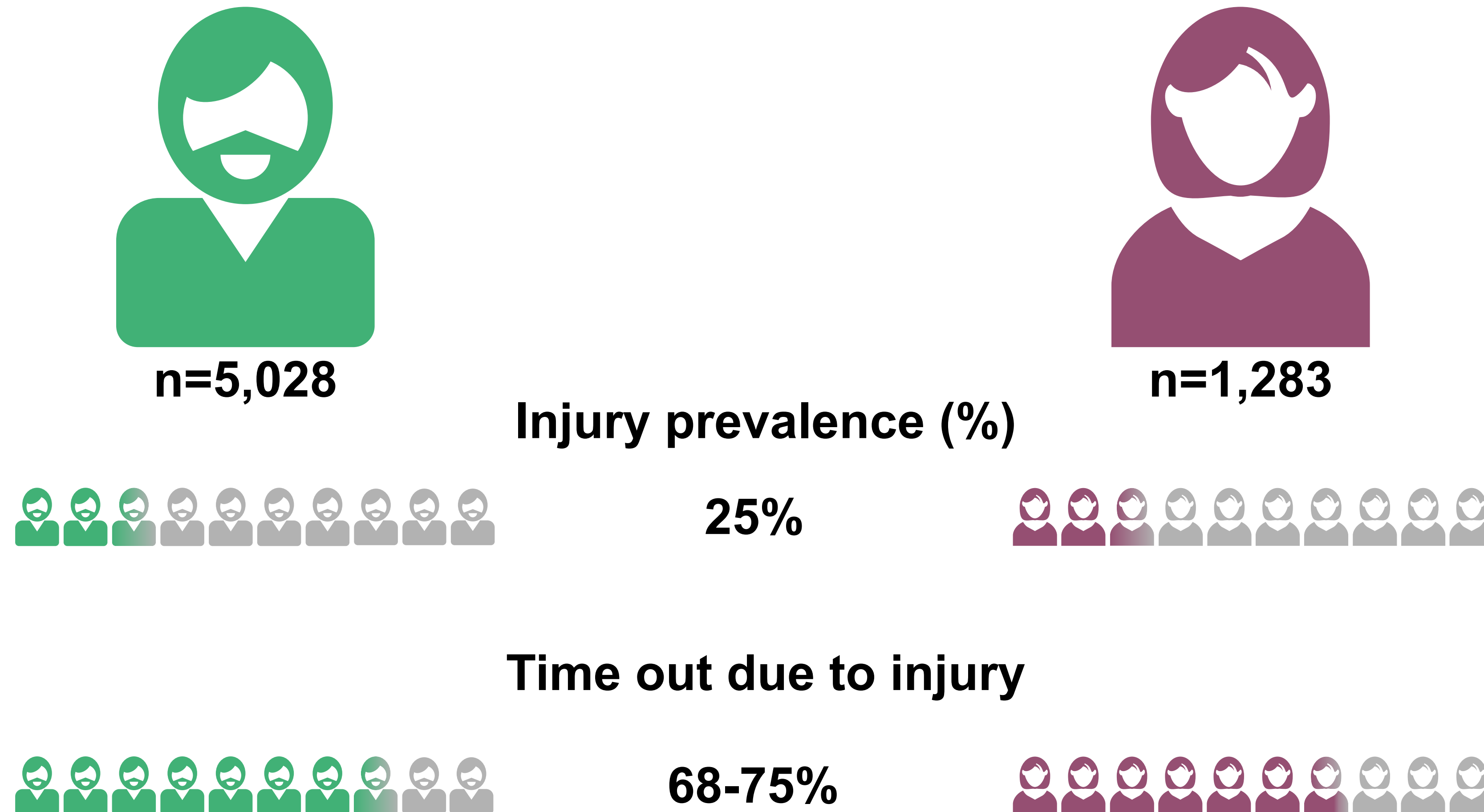
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Musculoskeletal injuries among sedentary & physically active adults



Hootman et al. (2002). Med Sci Sports Exerc, 34:838-844

RTP

Should be regarded as a continuum, paralleled with recovery and rehabilitation

Return to participation

Return to sport

Return to performance

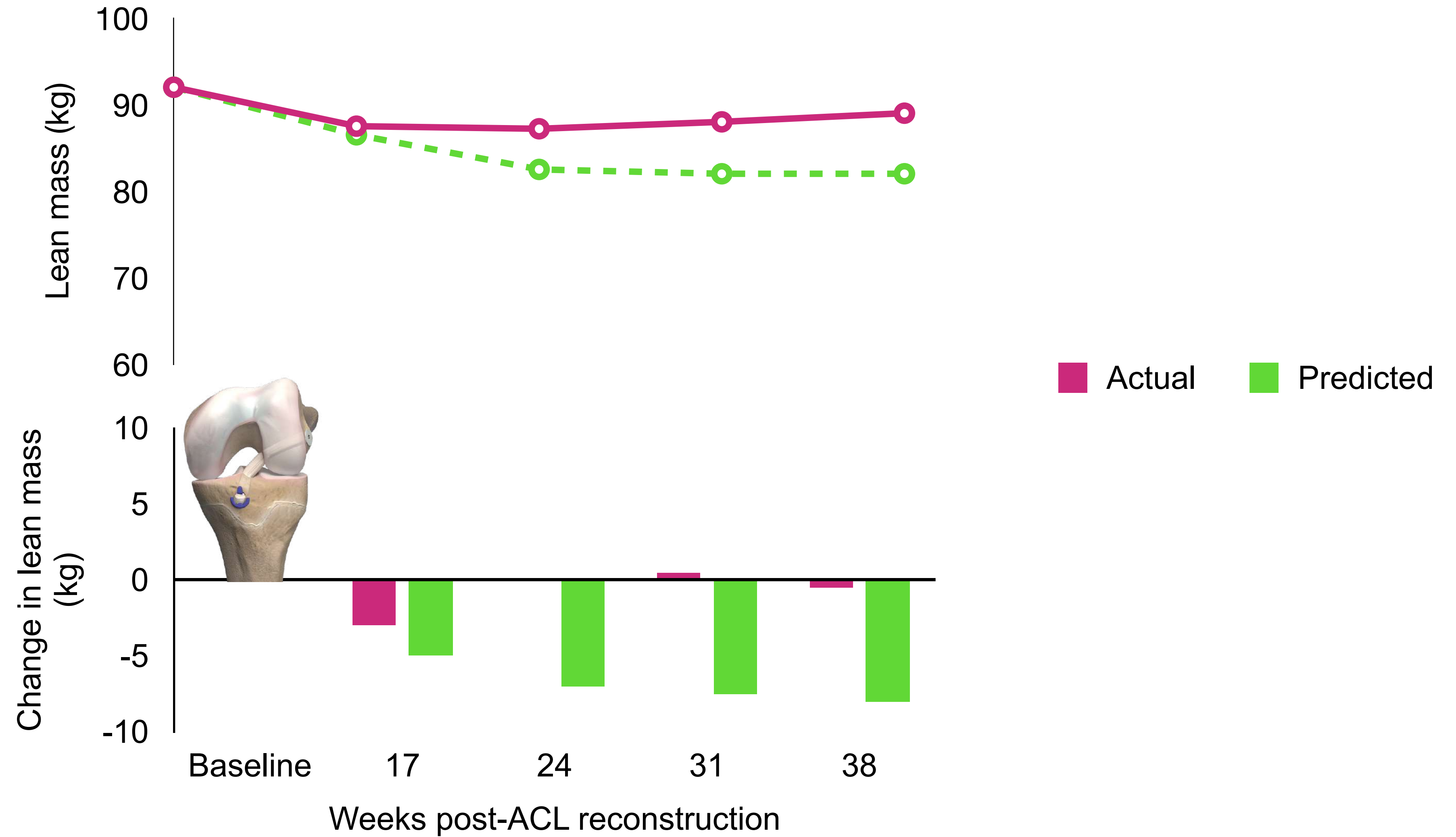
So how does nutrition help in injuries?



1) Immobilization/
reduced activity phase

2) Functional recovery
phase

Rehabilitation & nutrition protocols to optimise RTP from ACL: case study



Shaw et al. (2019). J Sports Sci.37:1794-1803



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