

Nutrition for Sports Injuries & Rehabilitation

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Musculoskeletal injuries among sedentary & physically active adults







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



68-75%

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





Arden et al. (2016). Br J Sports Med. 50:853-864

RTP

Return to sport

Return to performance

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So how does nutrition help in injuries?

1) Immobilization/ reduced activity phase







2) Functional recovery phase

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





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

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Thank your

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