

Best Muscle Recovery Techniques for Athletes

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Introduction

For athletes, muscles are the base which is linked to their success, without strong muscles it is not possible for an athlete to reach the highest level.

Muscle recovery is essential in improving an athlete's performance, it is a process in which muscles receive nutrients and repair themselves after intense use. There are several excellent muscle recovery techniques for athletes which are listed below:

1. Stretching Intensity
2. Get Enough Rest
3. Improving Blood Flow
4. Getting a Massage
5. Eating Enough Protein
6. Drinking Enough Water
7. Consuming Coconut Products
8. Rolling Your Muscles
9. Using Recovery Techniques

Stretching intensity

It is a best muscle recovery technique, as it increases blood flow, range of motion of muscles which helps in speeding up the recovery process by allowing muscles to take more nutrients. Consequently it helps in flexibility of an athlete. There are 2 different types of stretching mainly Static (which extends the muscle group to a particular point and holds it for a given amount of time) and Dynamic (involves movement and works more than one muscle).

Get enough rest

It's one of the most critical muscle recovery techniques for athletes. When we are asleep the body goes through various processes which helps in repairing muscle tissue and restores balance to overall body. Sleep is especially important for those athletes who want to improve their muscle mass; Researchers believe that a lack of sleep may contribute to the loss of muscle mass, depending upon the hormonal changes that occur when a person is asleep.

Improve blood flow

Nutrients in blood are important, as they eventually go to muscles which are in recovering stage. With an improper blood flow, muscles may not receive nutrients, ultimately limiting their growth. Muscles recoveries technique such as stretching that can help contribute to blood flow

Blood flow can also be maintained through cardiovascular exercise such as running, swimming, walking, or biking. As per the researches cardiovascular exercise help reduce blood pressure, and it can also remove bad cholesterol from the blood that can end up narrowing your bloodstream.

Getting a massage

Massage can help alleviate tense muscles, as it helps in speeding the biological process of muscle recovery. Research shows that those who received a massage had lower levels of cytokines, and higher levels of mitochondria activity. It is not required to every time visit a

therapist for massage, one can itself learn few different massage techniques and applying them after a workout or competition.

Intake of enough protein

Proteins are the essential requirement for a body for muscles recovery. The reason why protein is so important is, after immense resistance exercise, the body increases its rates of protein synthesis and breakdown as the process of muscle recovery begins. Hence the body requires more protein in order to adjust this accelerated rate of synthesis, or else it can lead to the loss of muscle mass. Best source of protein chicken, tuna, beans, nuts, etc.

Drinking sufficient water

Staying hydrated is very important for athletes during competition, exercises, training. As drinking water helps fill up the cells and prevent them from victimized to protein synthesis. Hydration also helps facilitate digestion. As per researchers, standard water consumption each day is 64 ounces or about half a gallon, but some athletes might require more than that to keep themselves properly hydrated.

Consuming coconut products

Coconut Products contain medium-chain triglycerides, fats which body can easily absorb from the bloodstream. It also contains electrolytes and plenty of potassium, combination of all make coconut water act as an ideal fuel for muscle recovery. Coconut water is also effective in restoring hydration after workout.

Rolling your muscles

It is a great way to release tension by removing knots in the legs, arms, and sides. Rolling muscles can be done by specialized foam roller, a medicine ball, or other devices which can move easily along the muscles.

Using recovery techniques

Tools such as Marc Pro and Marc Pro Plus works using the principles of natural biology. They work through electrical muscle stimulation, and draw out muscle contraction by using gentle electric pulse. This muscle contraction improves the way nutrients are delivered to recovering muscles and waste from the recovery process is sent out of the muscles. The Marc Pro Plus is pain relieving tool, the contraction can help improve blood flow in the muscles which are stiff and sore and help muscles relax and recover fast.

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