

IMPACT INJURY

NUTRITION FOR SOFT TISSUE RECOVERY



What is an **Impact Injury**?

From the second you hit the ground or get hit by something or someone, you are in a race against space and time. When a soft tissue injury occurs, the body engorges the traumatized area with fluid, especially in the joints, to minimize further movement and further damage. As soon as the injury is incurred, the clock starts ticking on your ability to facilitate recovery. In other words, the longer you wait to start the recovery process, the harder it is for your body to start healing and the longer it will take to get back to physical activity.

It is normal and natural for the injured area to swell up with inflammation. Inflammation is the body's protective response to infection, injury, and even intense physical activity. It is a critical part of the repair process which brings healthy nutrients and cells to the affected site. Acute, or short-term inflammation, is a normal response to high-intensity exercise. Although the body's natural inflammatory process is necessary for proper healing, minimizing the associated damage and discomfort can be addressed with rest, ice, compression, elevation, and nutrition.

Nutrition for Recovery

Racers are encouraged to eat a wide variety of antioxidant-rich foods while avoiding foods that can contribute to inflammation such as processed foods and those containing an excessive amount of saturated or trans fats.

Suggested anti-inflammatory foods include:

- **Purple, Blue & Red Foods** - blueberries, blackberries, cherries, grapes, plums, eggplant, purple skinned potatoes - these foods contain anthocyanins which work to reduce inflammation and promote muscle pain and reduce soreness
- **Omega 3 Fatty Acids** - salmon, tuna, mackerel, walnuts, chia, and flax seeds
- **High-quality Protein** - chicken fish, eggs, beans and legumes, quinoa, and chia seeds. Eat red meat sparingly as it can cause inflammation
- **Foods rich in Vitamin D** - egg yolks, salmon, tuna, cheese, yogurt, milk, orange juice, mushrooms
- **Nitric Oxide and Nitrates** which increase blood flow for optimized recovery - beets, celery, and leafy greens
- **Herbs and spices** with anti-inflammatory characteristics include curcumin from turmeric and curry powder, garlic, bromelain from pineapple, cocoa, tea, and berries.
- **Vitamin C** - oranges, bell peppers, kiwi, broccoli, spinach, tomatoes - Vitamin C is a major contributor to tissue healing as it is involved in the formation of collagen, elastin, and neurotransmitters

Consuming adequate amounts of water are also recommended when dealing with soft tissue injuries as dehydration of injured tissues can delay recovery. We recommend half your body weight in ounces of water spread out over 8-10 hours (i.e. 150 pounds divided by 2 = 75 ounces of water).

RECOMMENDED SUPPLEMENTS



Coach Robb only recommends taking supplements when you are not getting enough of the necessary vitamins and minerals found in real food. Supplements for added recovery benefits include:

- [Impact Injury Nutritional Bundle](#)
- [X Flame](#)
- [Frontier Multi](#)
- [Krill Oil](#) or [Omega 3D II](#)
- [Lean Greens](#), [Pro Purples](#), [Pro Reds](#)
- [Buffered C Plus](#)

