

# RECOVERY AND INJURY PREVENTION



*“RECOVER FASTER, TRAIN HARDER, PERFORM BETTER”*

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# GOALS OF TODAY



**SPEAR**

# WHAT IS RECOVERY? WHY IS IT IMPORTANT?



# HOW DO I RECOVER?



**MASSAGE  
THERAPY**



**FOAM ROLLER,  
SPIKY BALL,  
ACTIVE RECOVERY**

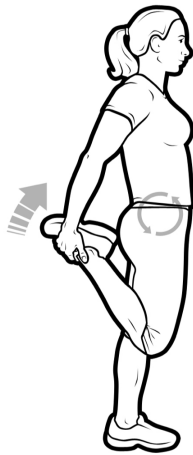
**WARM DOWN, STRETCHING,  
HYDRATION, SLEEP**

# THE BASICS

**SPEAR**



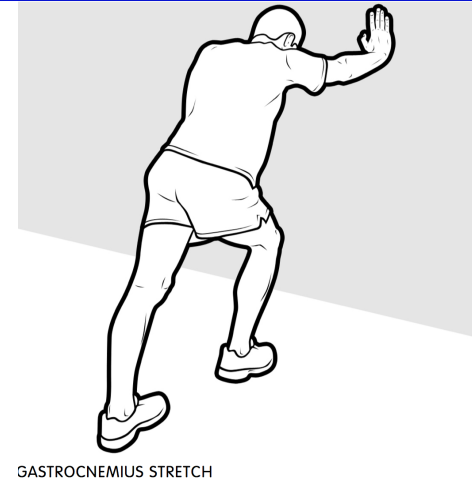
**WARM DOWN,  
STRETCHING,  
HYDRATION, SLEEP**



QUADRICEPS STRETCH



HAMSTRING STRETCH



GASTROCNEMIUS STRETCH



LONG ADDUCTOR STRETCH



HIP FLEXOR STRETCH

# HOW TO ADD TO THE BASICS

**SPEAR**



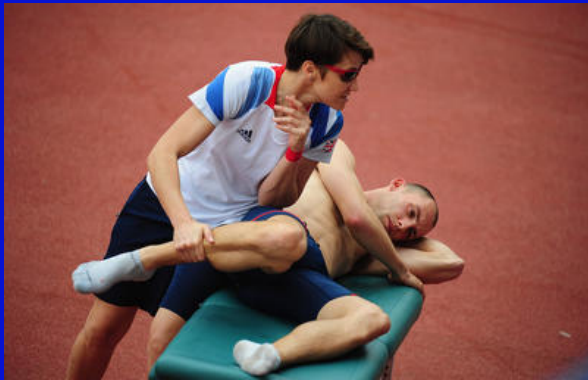
**FOAM ROLLER,  
SPIKY BALL,  
ACTIVE RECOVERY**



# MASSAGE THERAPY – WHEN, WHY, HOW OFTEN?

**SPEAR**

**MASSAGE  
THERAPY**





# CONCLUSION

SPEAR





# CONCLUSION



## AAACA athlete

- £30 per session

## AAAC Members

- £34 per session

*Sessions last 30-40mins*

*Session booked through  
reception*

## AAACA athlete

- 60mins - £35
- 30mins - £25

*\*booked through clinic*

## AAAC Members

- 60mins - £45
- 30mins - £30