



## What to do when injured

(NOT A SUBSTITUTE FOR MEDICAL ADVICE!)

### *Nutrition*

We need to ensure that you are following the principles of the meal builder, and getting adequate amounts of protein, fats, carbs and veggies for your own PERSONAL needs. Protein is going to be EXTRA essential during this period as it will help with healing! However don't overlook the other groups; all are important and valuable for the overall process.

Remember during an injury your caloric needs might decrease a little because of reduced activity, but hopefully your appetite will account for this, if you are moving less, your appetite should naturally be less. We don't want to cut out big chunks of calories and leave you in a deficit, your body needs energy to heal your injury so be mindful here otherwise you might be sidelined for weeks instead of days!

If you have nailed your meal building, focus then on increasing your healing/anti-inflammatory foods for example:

- Bone broths – easy to make from Sunday roast bones – great as the base for soups or stews
- Collagen (supplement) – brand recommended is Great Lakes (Amazon)
- Herbs and spices
  - Curcumin (curry powder)
  - Meriva turmeric
  - Ginger - fresh
  - Garlic
  - Bromelain - pineapple
- Eat more anti inflammatory foods
  - Avocado
  - Extra virgin olive oil
  - Omega 3 fish oils (I recommend the brands Nordic Naturals OR Eskimo)
  - Mackerel, salmon, sardines
- Eat fewer inflammatory foods
  - Junk foods/fast foods
  - Trans fats
  - Processed foods
  - Peanuts, brazil nuts – nuts that are higher in omega 6
- Eat/drink more antioxidant rich foods/drinks
  - Green tea

- Berries
- Citrus fruits
- Cocoa – eg 100% cocoa powder in smoothies, cacao nibs in yoghurt or porridge

## *Exercise*

Ok so you might not be able to do exactly what you want, of course it depends entirely on the nature of the injury but barring something incredibly serious and life threatening, I would certainly encourage you to continue with some exercise.

The main key here would be to pick something that keeps your joints and muscles moving without causing you undue pain. We need to encourage blood flow to the area of the injury and keeping still is not going to do that. Move in a way that you feel comfortable with, we don't want to aggravate and make things worse but gentle movement should help speed things along!

Great ideas include:

1. Walking
2. Cross trainer
3. Swimming
4. Sauna
5. Aqua jogging
6. Yoga
7. Foam rolling
8. Massage

Like I said before it completely depends on the nature of your injury but if you CAN move then do. Also if you need to take a few painkillers to get yourself moving then I am not opposed to that. I certainly do not encourage you to rely on painkillers to push through a workout; this will only create more damage long term. But if you need to use some paracetamol to get you out of bed and walking gently – you might find that this can help speed things along. Masking pain with painkillers or anti-inflammatories is not a long-term solution, pain is your body's communication system to say stop doing that, but finding a balance between what is possible and what is helpful might work for you.

Also consider that anti-inflammatory can wreak havoc with your gut! Use anti-inflammatory foods WHERE possible as a first port of call!

## *Treatment*

Some injuries of course will need some professional TLC and this is ok provided that you find the right kind of practitioner to work with. Unfortunately your GP is most likely to tell you to rest and take ibuprofen until you feel better – rather unhelpful especially since you don't know quite how long you will be out of action for. They might also refer you to NHS physio which has a waiting list as long as I've been alive!

I would strongly encourage you to invest a little money into fixing your issue. I have compiled a list of people that I trust to help me fix my injuries so please do let me know if you want any of the contact details.

- Me – deep tissue massage – good for muscle aches, pains, back pain etc
- Brian Borrows – sports injury specialist – Aylestone – specialist in runners and most types of injury
- Claire Howard – Physio – Six Hills/Loughborough - muscle or joint pain
- Jonathan Broom Edwards –Loughborough - if no one else can help, this guy will figure it out

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