



RECOVERY & MASSAGE – WHY DO IT?

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**EDUCATION
IS
OVERRATED.**



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The Adaptation Cycle is simple....

Train. Fatigue. Recover. Adapt. Repeat



**But skip recovery, miss a step and you
risk breakdown instead of progress**

Why Recovery Matters?

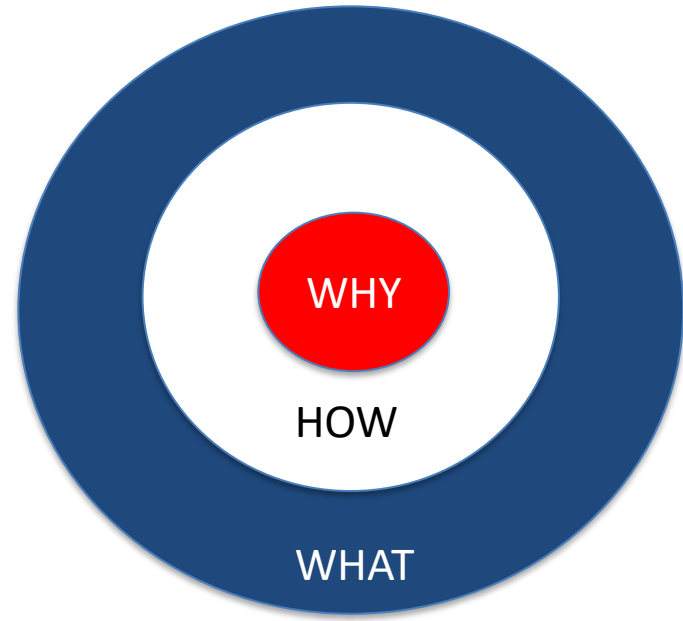


What Happens Without Recovery?

Plan of Action:

- Where you are now?
- Where do you want to be?
- How do you get there?

WHY - The Motivation
HOW – The Process
WHAT – The Product



TARGETING RECOVERY...



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That'll do...it's
close enough...



WELL DONE, ME!

TARGETING EFFECTIVE RECOVERY...



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Good enough is not
good enough....

...if it can be better!

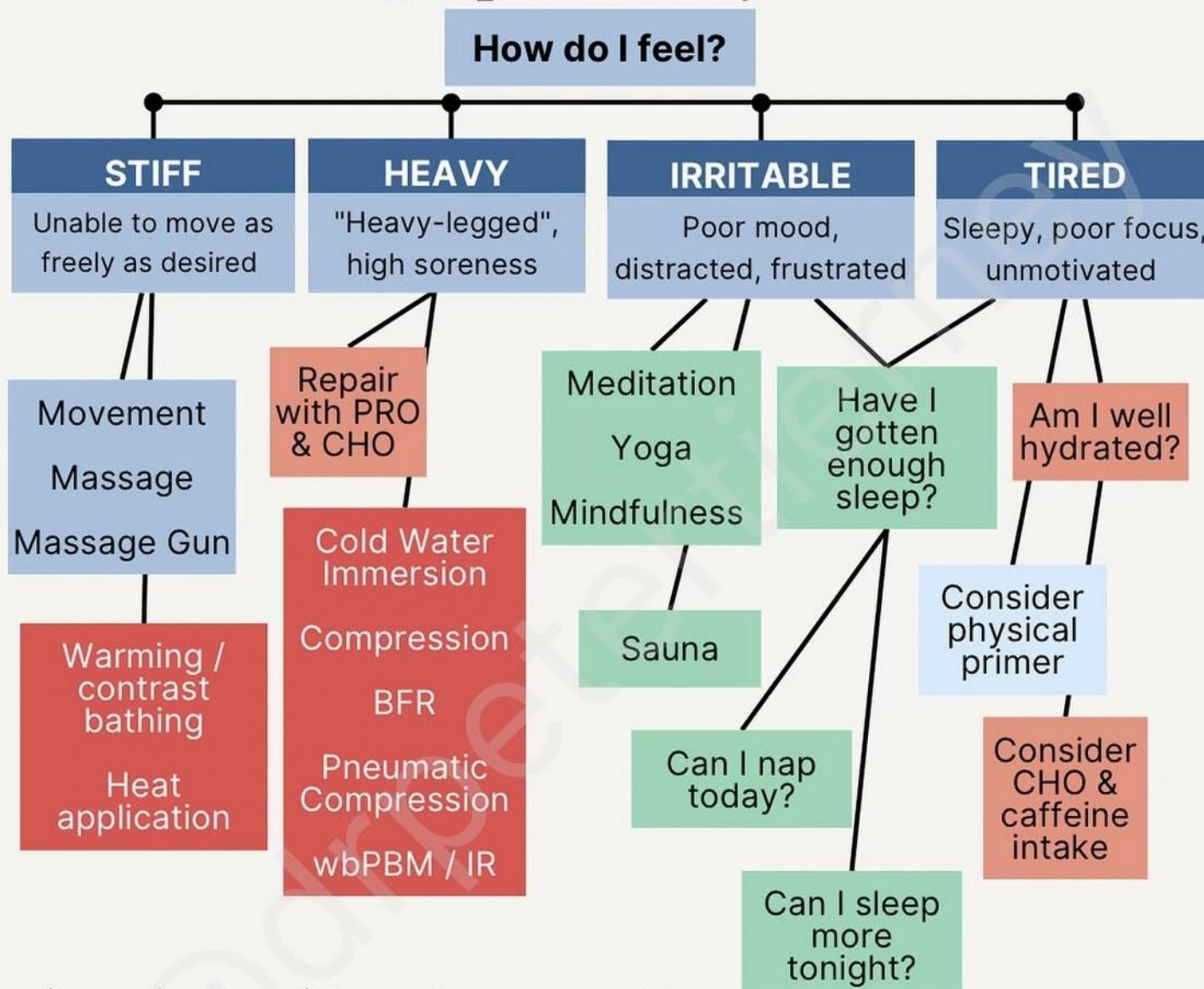


Key Recovery Pillars

- **Sleep** - Aim for 8–10 hours; Improves focus
- **Hydration** - Water pre, during, post training;
 - Boosts muscle function
- **Nutrition** - Protein for repair; Carbs for energy
 - Healthy fats for balance
- **Active recovery** - Light stretching,
 - Mobility work
 - Low-intensity movement

S.H.I.T. Recovery Framework

@drpetertierney



Sports Massage – Soft Tissue Therapy

...the management, manipulation and rehabilitation of soft tissues of the body aimed at enhancing athletic performance.

What are the benefits?

- Reduces muscle tone
- Improves tissue extensibility
- Improves range of motion
- Modulates pain perception
- Stimulates parasympathetic response
- Improves proprioception

It doesn't

- ...flush lactic acid
- Replace strength training

....HAVE TO HURT!

Self Management: Foam Rolling



What does Foam Rolling Do?



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Through the **application of pressure**
= stretches and loosens soft tissue
= **permitting freedom of movement.**

Foam rolling may assist in:

- decreased muscle and joint pain = ? increased AROM
- decreased ST stiffness
- increased circulation
- improved mobility, balance and gait for peak performance.

Best Practice to adopt

No established “best practice” but after reviewing the current body of research, the following protocol is suggested for potentially optimal results:

Frequency: 3-5 x p.w.

Duration:: 3-5 sets of 20s-30s per muscle group

Timing:: Pre-event/exercise; as maintenance or as recovery

Consistency: but don't stay on one spot for too long

Don't roll over lower back (as it can cause muscles to stiffen up)

Never roll over bony joints or on an injured area.

Always maintain good posture, form and attention.

Use alternatives, e.g. tennis or hockey balls, for variety of impact



Basic Protocols for self-massage involving trigger point release:

Apply pressure.....

Where?

With what?

What way and how much?

How hard?

'Pleasant Pain'

How often?





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THINGS TO AVOID:

- Rolling directly on an injured area;
 - Rolling too quickly;
- Rolling on one spot for too long;
- Rolling using bad posture/form;

KEY ELEMENTS:

- Move slowly
- Look for unknown spots
 - Hold roller/tool still

"Be mindful, slow and perceptive"

Mindset Matters:

- Consistency > intensity
- Champions recover with purpose (the ‘WHY’)

Self-Management Habits:

- Listen to your body
- Track soreness (wellness)
- Plan ~~rest~~ Recovery (Li) days

Final Messages



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- Recovery is not a break from training... it is training!
- *"Strong body = Strong future"*
- *Be the best version of yourself*



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