

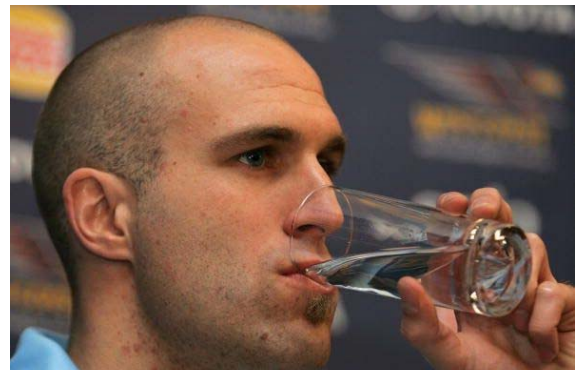
# Football Recovery



with WSC & West Adelaide FC physiotherapist Luke Dixon

## Immediately after game

- Walk 3-5mins
- Weigh in
  - for rehydration calculation
- Injury management
- Stretching 10mins
  - combined with hydration/nutrition
- Ice/contrast baths 6mins (hot/cold showers)
- Massage
- Compression garments



## Later

- Nutrition/hydration
- Relaxation/sleep



## Next day

- Active recovery
- Aquatherapy and stretch at pool/beach 30mins
- Brisk walk or easy bike ride 30mins

