



DeaflympicsGB

Advice for Recovery

After and between competition employ a few recovery strategies. Some of the most commonly used are:

- Static stretching
- Low intensity dynamic stretching
- Foam roller
- Pool sessions
- Ice baths/cold water submersion
- Contrast bathing
- Nutrition and replenishment of electrolytes
- Hydration
- Compression
- Electrostimulation
- Active recovery
- Sleep

It is your preference which you adopt, and if you feel unsure please discuss with one of the medical team.