



## **Recovery & Restoration**

As we enter into Bye Week, this provides the perfect opportunity for some R & R for our bodies. Normally when we hear R & R, we think rest & relaxation, which is definitely important but this week I'd like to take an active approach to R & R. During Bye Week let R & R mean "*Recovery & Restoration*". Below are 3 of my favorite ways to recover.

### **1. Foam Rolling**

Spending even 5 minutes a day of foam rolling increases your body's recovery. Foam rolling increases blood flow to the area, and elasticity of the soft tissues such as your muscles and tendons. This will help flush the tissues and improve flexibility.

### **2. Heating pack**

At home, an easy plug in heating pack is an excellent relaxant for the muscles. The heat will relax the muscles and increase blood flow to the area. The ideal amount of time is about 30 minutes on the heat pack. Bonus recovery- foam roll after heating for increased muscle relaxation!

### **3. Epsom Salt Bath**

Magnesium sulfate, the active ingredient in epsom salt, is known to help relax muscles and detoxify the body. These toxins are the cause of the inflammation and stiffness in the body. Helping expel some of these may allow for some decreased swelling and pain relief.

Wishing you a relaxing, restoring Bye Week!

**Go Mustangs!**

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