The Use of Various Recovery Modalities throughout a Training Year

Spencer Dennison

Assistant Athletic Trainer & Performance Recovery Coordinator

Detroit Lions

Break Down of a Year in Sports

2022 CALENDAR

- Macrocycles
 - Entire Calendar Year
- Mesocycle
 - Block within That Season
 - Preseason
 - Regular Season
 - Post Season
 - Off Season
- Microcycle
 - Week to Week
 - Practices
 - Training
 - S&C









Four Different Mesocycles over the Year

- Preseason
- Regular Season
- Post Season
- Off-Season



- Different Requirements for Each
- Should Our "Recovery" Plan Mimic This?



Preseason

- Athlete Goals
 - Feel Better = Perform Better
 - Quick Turnaround between Practices
 - Often Frequent, High Intensity Bouts of Work





- What Is Happening to the Body
 - High Levels of Stress ^{2,8}
 - High Central Nervous System Requirements ³





How Can We Help This Athlete Recover

- Reduce Inflammation
- Prioritize Sleep ⁴







Regular Season



- Staying Healthy
- Peaking on Game Day



Regular Season

- What's Happening
 - Increase of Bumps and Bruises, Resulting in Loss of Function
 - Chronic Injuries







Regular Season

- How Can We Help This Athlete Recover
 - Active Recovery ^{6,9}
 - Identifying and Correcting Deficits ¹





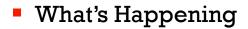


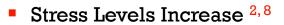


- Goals
 - Win
 - Feel As Good As Possible, Given the Circumstances

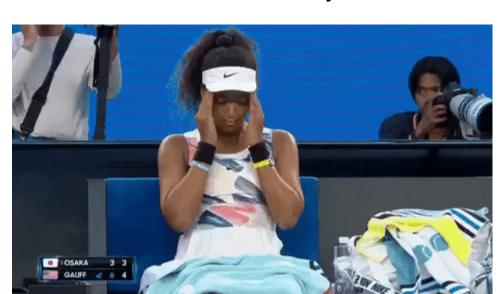


Post Season

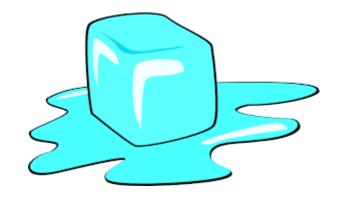




Chronic and Overuse Injuries





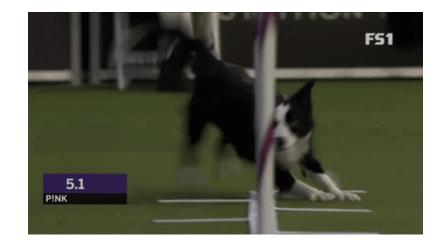


Post Season

- How Can We Help
 - Reduce Inflammation
 - Maintain Tissue Integrity ^{5, 6, 9}







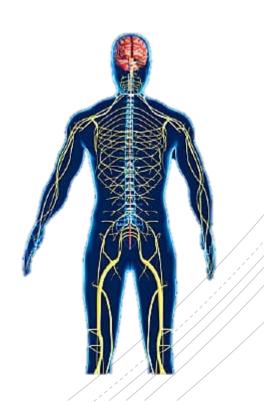
- Goals
 - Make Athletic Gains
 - Rehabilitate Previous Injuries



Off Season

- What's Happening
 - Highest Level of CNS Usage ³
 - Greater Tax on Cardiovascular System









- How Do We Help
 - Get More Sleep ⁴
 - Encourage the Right Kind of Inflammation
 - Is Ice Bath the Best? 7



Take Home Points

- Understand Each Modality
- Put Your Plan In To Context of Your Season
 - Goals for the Team?
 - Goals for this Individual Athlete?
- Use Your Best Clinical Judgement
 - Use a Blend of All Tools You Have Available

Three Sentence Summary

- Sleep Better Than You Are Sleeping Now
- Drink More Than You're Drinking Now
- Eat Better Than You're Eating Now

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