Recovery Modalities for Competition

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So Many Options?
Pre Race Foam Roll, “Shake”, and Stretch
Benefits

- Increase local blood flow
- Improve tactile nervous system
- Temporary improved range of motion
- Decrease parasympathetic nervous system
Massage
Instrument Assisted Soft Tissue Mobilization (Graston)
Myofascial Work (Active Release Technique, “Cupping”)

Variety of Options
Desensitize free nerve endings
Removal of metabolic waste
Improve tissue extensibility
Decrease Parasympathetic Activity

Massage
Instrument Assisted Soft Tissue Mobilization

- Scar tissue break up
- Improvement of functional range of motion
- Long lasting tissue extensibility
- **Does invoke skin discoloration and discomfort** **

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Myofascial Work

Joint specific
Improve tissue gliding (functional range of motion)
Quick results, but short lasting
*** Does cause skin discoloration and discomfort ***
Post Race Cold Tub and Compression
Cold Tub

Decrease perception of soreness
Decrease Edema
Decrease primary and secondary muscle damage
Improve Muscle Function

*** Individual response, but 10-15 degree C for 5-10 minutes ***
Compression

- Decreased perception of DOMS
- Decreased decrements in strength and power output
- Decrease in serum CK concentrations
  *** can be used during and post competition ***
  *** Normatec settings are individual specific, so play with pressure gradients***
- Find out what is most effective for your athletes at Meets and at home
- Have a concrete plan going into Nationals/Trials/International Competitions
- Don’t leave out sleep, nutrition, and placebo effect

Recovery Recap
Thank You for Your Valuable Time
Massage:
The Effectiveness of Massage Therapy: A Summary of Evidence-Based Research. Australian Association of Massage Therapy. CW Ng, K. 1-51

Cupping:

Graston:

Cold Water Immersion:

Compression:
Compression garments and recovery from exercise-induced muscle damage: a meta-analysis. BJSM 2013(1-7)

*Citations*