



PHYSICAL THERAPY

Speeding Recovery with Nutrition | Tips and Tricks

- **Hydrate, Hydrate, Hydrate**
 - Water plays a crucial role in all bodily functions, including healing. Be sure to drink adequate amounts throughout the day to support your recovery.
- **Prioritize Protein**
 - Protein is the building block for tissues and cells. To aid recovery, incorporate lean protein into each meal and snack. This can be chicken, fish, tofu, Greek yogurt, eggs, or plant-based proteins like beans and lentils.
- **Don't Forget About Micronutrients**
 - Vitamins and minerals, especially antioxidants like vitamins A, C, E, and the mineral zinc, play an important role in the healing process. Colorful fruits and vegetables, whole grains, lean proteins, and dairy products are excellent sources of these nutrients.
- **Choose Healthy Fats**
 - Healthy fats, like those found in avocados, nuts, seeds, and fatty fish, are beneficial for reducing inflammation and promoting healing.
- **Fuel Your Body Regularly**
 - Eating regular meals and snacks can provide consistent energy and nutrients to the healing tissues. Aim for a balance of protein, fiber-rich carbohydrates, and healthy fats at each meal.



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- **Be Aware of Added Sugars**
 - Limit foods and beverages high in added sugars, like sodas, candy, and baked goods. These can lead to inflammation and slow down the healing process.
- **Incorporate Bone Broth**
 - Bone broth is high in collagen and other nutrients that may promote healing. Consider incorporating a cup a day.
- **Limit Alcohol**
 - Alcohol can slow healing and impair immune function. It's best to limit intake during recovery.
- **Don't Forget About Gut Health**
 - Probiotics, found in foods like yogurt and kefir, and prebiotics, found in foods like whole grains, bananas, and onions, can help maintain a healthy gut microbiota, which is essential for overall health and recovery.
- **Consider a Registered Dietitian**
 - For a more personalized nutrition plan, especially if your recovery involves significant dietary changes or has special nutritional considerations, consider working with a registered dietitian.