



3 easy tips to
recover after
an injury



Recovering after an injury can be challenging. It's completely understandable to feel uncertain about exercising with an injury.

I want you to know that the protocol I've prepared for you will guide you on what to do (and what not to do) during this crucial phase of your recovery.

Please reach out if you have any questions or want more information!

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TRY THESE STRATEGIES...

1

Relative Rest.

Most injuries can heal within the first 7-10 days if you put them in the right environment. This means **listening to your body; if there is pain**, respect that and stop that painful activity.

Elevating-

If your injured part can be elevated, it is best to rest with your injured part above your heart for 10 minutes as often as possible.

2

Anti Inflammatories.

When you have a recent injury, using any anti-inflammatory regime you prefer is helpful and highly effective.

Some ideas (talk with your pharmacist if you have health conditions that could interfere with over-the-counter medicines):

Over-the-counter medicine: Read the back of your Advil (Tylenol, etc.) bottle and take the medicine as prescribed, around the clock, for 5-7 days.

Ice/Heat: Clinically, I have seen success with patients icing the bone (where the muscle attaches) and heating the surrounding muscle. You can also alternate Ice and heat for 5 minutes back and forth several times a day (always ending with ice).

Supplements: Ginger and Turmeric (cut up pieces into your tea and let it soak). Creams like CBD as they can be placed directly on the injured site., BioFreeze and other natural anti-inflammatory creams can also be helpful.

03

Keep it moving "nicely"

Gentle stretches TO the point of the pain, (not through the pain). Going for a slow walk, easy bike ride, or easy swim can also help. Keep the injured body part moving in a non impactful way.