

# RECOVERY

## BENEFITS



### SLEEP

Number 1 recovery method. Promotes health and wellbeing. Enhances immune function, metabolism and cognitive function. Improves mood and vigour. Performance enhancing.



### MINDFULNESS

Promotes 'emotional wellness' through clarity and calmness. Improves ability to cope with daily circumstances.



### NUTRITION AND HYDRATION

Optimizes energetic recovery. Enhances immune function, glycogen synthesis, and muscle repair.



### ACTIVE RECOVERY

Promotes metabolic by-product clearance. Reduces muscle damage blood markers and muscle soreness.



### MASSAGE

Increases muscle relaxation and joint ROM. Reduces local muscular fatigue and soreness. Promotes mood enhancement and pain tolerance.



### COMPRESSION

Promotes recovery from soft tissue injury. Reduces muscle soreness and markers of damage.



### HYDROTHERAPY

Hydrostatic pressure assists the inflammatory process. Reduces post-exercise edema.



### NEURAL STRETCHING

Improves range of motion reducing restricted nerve irritation.



@basketballnz

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