

Rules to Follow to Fuel for Physical Therapy Sessions:

Before your session: Eat a well balanced meal with lean protein, whole grain carbohydrates, fruit, and/or low fat dairy at least one hour prior to your session. Begin to drink your daily recommended fluid intake as soon as you awake and continue throughout the day.

Ideas:

- Peanut butter on whole grain toast or bread, banana, Greek yogurt
- Yogurt parfait: yogurt with berries, granola and 15 nuts
- 2 cups whole grain cereal with 1 cup milk with almonds sprinkled in, one yogurt or one low fat string cheese
- Peanut butter sandwich with 20 ounces of low fat chocolate milk
- One energy bar (300 calories), one banana, 16 ounces milk
- Granola bar, one piece of fruit, 2 pieces of low fat string cheese
- 2-3 slices of deli meat on whole grain bread and grapes, 16 ounces of milk

After your session: fueling for recovery is also important to help your body heal and perform at 100% of your body's potential. Have a meal or light snack 30-60 minutes after your session high in carbohydrates with protein.

IDEAS for Snacks Post-Physical Therapy:

- Chocolate milk and fruit
- 2 slices of deli meat and ½ bagel
- Greek yogurt and fruit
- 2 hard boiled eggs and granola bar
- One cup cottage cheese, granola sprinkles, raisins

HYDRATION: Drink at least 16 ounces of water before physical therapy session and 4 ounces every 15 minutes. Drink another 16 ounces after your session. Have at least 80 ounces of water during the day.

Check your urine – if it is light yellow you are in good shape, if it looks like apple juice you are DEHYDRATED!!

Questions? Contact Lora Edwards, leedwards@cmh.edu for more information or schedule an individual sports nutrition consultation.



**Sports
Medicine**

**CHILDREN'S MERCY
KANSAS CITY**

Get Back in the Game! Nutrition for Healing

Injuries and sports participation are a common occurrence and proper nutrition can assist to a speedier return to play. Poor nutrition lengthens recovery time due to impairing the healing process. **Now you are in physical therapy you may think fueling for sessions is not important – NOT SO! Your bones, muscles, brain, tendons and ligaments need great nutrition more than ever!**

Rules to Get Back in the Game:

- 1. Find the right energy balance!** Too little calories or too many of the wrong type of calories can put the brakes on proper healing. General recommendations for calorie needs for an injured athlete are the following:
 - Start with a baseline of 30 calories per kilogram.
 - Add 5-10 calories per kilogram a day if athlete has a soft tissue sprain or strain.
 - Add 10-15 calories per kilogram a day if athlete has a fracture.
 - Add 25-30 calories per kilogram a day if athlete has had surgery or head trauma.For an individualized calorie recommendation, please see a registered dietitian specializing in sports nutrition.
- 3. Make each calorie count with nutrient dense foods!** These foods have the most nutrition per calorie such as fruits and vegetables, lean proteins, low fat dairy, whole grains and healthy fats. Limit sugary drinks including sports drinks and foods with added sugars. Follow a plate model for athletes: whole grains such as whole grain bread, pasta, brown rice, legumes, potatoes should be one quarter of the plate; lean proteins such as chicken, turkey, lean beef, fish, eggs, tofu, tempeh should be one quarter of the plate and vegetables and fruits one half the plate during the recovery process.
- 4. Eat lean protein throughout the day to help with healing.** Twenty to forty grams of protein per meal and snack is optimal based on your needs (every 3-4 hours). Protein helps athletes heal and repair muscle tissue. Choose protein high in the amino acid leucine during the day (lean meat, whey protein, part skim cheddar cheese are good examples). For the last meal before sleep, choose protein slow to digest such as milk, Greek yogurt or low fat cottage cheese. After a rehab session, fuel up with a mix of whole grains and lean protein within 30 minutes of session.
- 5. Eat source of healthy fat with meals.** Healthy fats such as nuts, seeds, avocados, oily fish, flaxseed oil, olive oil and omega-3 fish oil help decrease inflammation. Calcium and Vitamin D are essential for bone development and repair (think dairy, tofu, leafy greens, sardines, egg yolks, fortified foods.)

This document has been clinically reviewed by Lora Edwards, MS Ed, RD, CSSD, LD, Certified Sports Specialist in Dietetics, Children's Mercy.

Source: SCAN/ Sports, Cardiovascular and Wellness Nutrition/ www.scandpg.org