

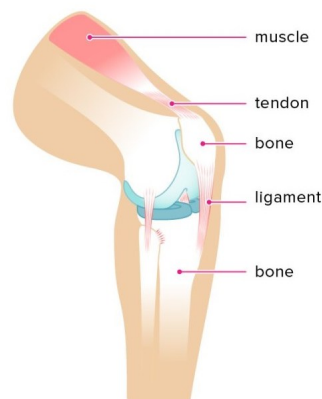


Injury Description

Injuries cause damage to soft tissues like tendons, ligaments, and muscles. Tendons and ligaments provide structural stability to joints and serve as the connections between muscles, cartilage, and bones. Injuries to soft tissues can be acute (from sudden trauma) or chronic (from overuse).

Strategies for Optimal Recovery

1. Consult a sports medicine team to create a recovery plan. A sport dietitian will help develop strategies to address potential side effects of medication use such as nausea, constipation, diarrhea and reduced appetite.
2. Modify intake of calories post-injury to be adequate for healing and adjusted for reduced physical activity/mobility.
3. Consume adequate protein to help repair tissue and minimize muscle loss.
4. Hydrate to facilitate nutrient delivery to injured areas.



Nutrients Important for Healing

Nitric Oxide (for tendon/ligaments) helps stimulate collagen synthesis to speed healing and strengthen damaged tendons/ligaments resulting from chronic overuse injuries. Applied topically via patch at 1.25 mg/day. This does not translate to food equivalents and cannot be reasonably obtained from food sources.

Gelatin/Collagen and Vitamin C (for tendon / ligaments) promotes greater collagen production following tissue injury and may promote greater tissue strength for injury prevention. Use 60 minutes prior to light activity. Discuss appropriate dosing with your sport dietitian*.

Leucine (for muscle) is an amino acid that stimulates muscle protein synthesis and reduces breakdown after exercise-induced stress. Leucine combined with other branch chain amino acids is more effective than an isolated form. Aim for 2-3 g/per serving.



Meals and Snacks to Aid Healing

- Greek yogurt with mango, granola, walnuts
- Cottage cheese with cantaloupe and toast
- Smoothie: frozen berries, yogurt, and milk
- Fortified breakfast cereal with milk and eggs
- Grilled salmon with beets and sweet potato
- Tofu, bell pepper, celery stir fry with brown rice
- Arugula and radish salad with steak and quinoa
- Pork chops with spinach and farro salad
- Orange slices and string cheese
- Celery with peanut butter and raisins



Nutrient	Sources	Important for tendon/ligament	Important for muscle	*Important for wound healing
Nitric Oxide	beets, spinach, arugula, celery, radishes, swiss chard	X		
Leucine	chicken, beef, fish, pork, egg, dairy, soy	X	X	
HMB	leucine-rich foods such as whey protein, chicken, beef, fish, pork, egg, dairy, soy foods		X	
CoQ10	beef, chicken, trout, soybean oil, olive oil, peanuts, sesame seeds		X	
Creatine	wild game, red meat, poultry, fish		X	
Glutamine	beef, chicken, fish, beans, dairy, cabbage, beets, legumes	X		X
Arginine	shrimp, white meat turkey, frozen spinach			X
Vitamin A	sweet potato, carrot, mango, red pepper, cantaloupe, egg yolk, dairy, green vegetables, fish	X		X
Vitamin C	citrus fruit, pineapple, bell peppers, kiwi, broccoli, berries, baked potato, tomato, leafy greens	X		X
Omega 3 fatty acids	fatty fish (salmon, mackerel, sardines, tuna, trout), flaxseed, walnuts, canola oil		X	X
Zinc	oysters, beef, fortified cereals, pork, beans, dark meat chicken, yogurt, cashews, chickpeas		X	X