



6 Steps to OPTIMIZE your RECOVERY



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1. Eat real food, including protein.

Nutrient-rich whole food provides optimal nutrients. Protein is required for tissue healing. Avoid inflammatory foods like refined gluten grains, sugar and trans fatty acids

What did you eat today?

2. Drink water and bone broth.

Water helps keep you hydrated so your systems run smoothly. Bone broth is easy to digest and adds collagen for joint health.

What did you drink today?



3. Move whatever you can, often and safely.

Injuries may require rest to heal, but moving other parts of your body keeps the blood flowing and lymph draining.

Move your injury site when safe.

How did you move today?

4. Get outside in the sun.

Vitamin D is important for joint , metabolic and brain health. It will also help with sleep. Move your body outside, but don't burn.

Did your skin or eyes see the sun today?



5. Sleep when you are tired.

Rest is critical for recovery and repair. Turn off screens 2 hours before bedtime. Make a schedule. Sleep in a dark, cool room.

How many hours of sleep did you get last night?



6. Call in the troops.

Don't be shy to ask for help. Get a referral to physical therapy if you need. What goes around comes around.

Did you use your connections to aid in your recovery?



REMOVE, REPLACE, RESTORE

REMOVE

Processed foods, stagnancy, and
excessive screen time

REPLACE

Nutrient-rich whole food, movement outside,
quality sleep and use your resources

RESTORE

Optimal healing and recovery from
injury or surgery



Having a plan for recovery will lead you to optimal healing.

Everything you do good for your body to support healing will keep the inflammation in check and avoid excessive pain.

Please reach out to me via email and book a complimentary 15' consultation to determine if I can help

Eat well. Move well. Sleep well. Soar On.

Empowering you,

Carolyn

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