

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

*Physical Therapy
First Cuts
Treatment Time
from 66 to 12 Days*

PROPER NUTRITION FOR THE ATHLETE - AN UPDATE FROM THE ADA

I recall back to my younger years when high school athletes used to go to McDonalds before the "big game". Things have changed quite a bit since then. Much more is known about the effects of proper nutrition on athletic performance. In fact, the American Dietetic Association has come out with recommendations (they call them Position Papers) regarding optimal nutrition to help athletes perform at their highest level.

Based on the analysis of a number of independent scientific studies, the ADA has articulated its position on 1. food selection, 2. timing of food intake in relation to sport participation, 3. the role of supplements in to optimize sports performance.

Describing their recommendations in detail is beyond the scope of this paper, but here is a summary of their findings. The reader is encouraged to follow the link at the end of this newsletter to the specific Position Paper for more information.

SUMMARY OF ADA RECOMMENDATIONS

Energy and macronutrient needs, especially carbohydrate and protein, must be met during times of high physical activity to maintain body weight, and replenish glycogen [complex sugars], and provide adequate protein to build and repair tissue.

Fat intake should be sufficient to provide the essential fatty acids and fat-soluble vitamins, as well as contribute energy for weight maintenance.

Adequate food and fluid should be consumed before, during and after exercise...

Sports beverages containing carbohydrates and electrolytes may be consumed before, during, after exercise...

Vitamin and mineral supplements are not needed if adequate energy to maintain body weight is consumed from a variety of foods.

The summary above seems like common sense. However, I highly encourage you to click on the link below and download their PDF document if you have specific questions about athletic nutrition. They go into detail on some of the topics mentioned above. The information might reinforce your perspective or help you, your son or daughter when making nutrition choices as they relate to athletic performance.

<http://www.eatright.org/Public/content.aspx?id=7056>

Click On or Type the URL above into your browser address bar

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- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
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