



2020

IR Guide



*Stay productive
during recovery!*

Greetings from Wellness!

WELCOME



The Wellness Team at the NFLPA is here to ensure that you have the resources to maximize your performance on and off the field. While our primary goal is to provide you with the tools to keep you healthy, we've also got you covered when you're injured.

The reason you're receiving this outreach is because of your status on IR. We hope that this guide can help make the best of your time away from the game. Inside, you will find key staff contacts who work on your behalf and resources to aid in your recovery.

One of most difficult aspects of time on IR is the sheer toll it can take on you. While we know the physical impact well, we don't talk as much about the impact it has emotionally and socially, which can change how you think, feel, and act. While this is completely normal, it's important to make sure you are managing it productively. Focus your energy only on what's in your control, and make your self-care and recovery your top priority.

We wish you a smooth and speedy recovery .



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IR Handbook

Workers' COMPENSATION

- All players who are on Injured Reserve should contact the Workers' Compensation Panel Member in their city to discuss possible benefits for their work injury.
- Benefits may include cash, payment for future medical treatment, and/or vocational retraining.
- All players should have set up access to their Electronic Medical Record (EMR) portal.
- Contact Willis Whalen for assistance with EMR access (Willis.Whalen@nflpa.com).
- Contact Ned Ehrlich for assistance or questions about which Workers' Comp Panel Member you should call (Ned.Ehrlich@nflpa.com).

FROM A PHYSICAL THERAPIST

- Take ownership of your rehabilitation, be invested in your return to the field and ask questions.
- Understand general recovery time-frames for your injury but appreciate everyone responds/recovers differently.
- Nutrition, hydration, and sleep are critical!! You can't out train or rehab a poor diet or poor sleep.
- A systematic approach to rehab and performance that values movement quality will optimize your return to the field.

Graeme Lauriston.
EXOS

FROM A NUTRITIONIST

GET ADVICE

- Inflammation post injury needs to be balanced by proper diet and supplementation; it can help speed up your recovery time up to 30% faster.
- An anti-inflammatory diet rich in antioxidants, lean meats, fatty fishes, fruits and vegetables is extremely important.
- Avoid pro-inflammatory foods such as fried foods, cakes and candy. These will delay your healing process.
- Your metabolism increases after an injury. You need to eat enough food to allow your body to rebuild and repair the cells and tissue. Increase your protein by 30% and your calories by 20%. Protein shakes loaded with fruit and peanut butter are a great way to get these calories in when your appetite is decreased.
- If you took antibiotics to prevent infection after injury eating foods high in probiotics such as yogurt is important. You can also supplement with a probiotic.

Jaclyn Sklarer,
ATHLEATS NUTRITION





STAGES OF RECOVERY

After an injury, you may feel as if nothing is in your control. but there is one area that you do have control over and it can help speed up your recovery.

Through proper nutrition, *you can decide what is going into your body and help the healing process.*

3 STAGES OF RECOVERY:

- Inflammation (Week 1): brings red blood cells to the area to begin recovery & deliver nutrients
- Proliferation (Weeks 2--4): growth and regeneration of tissue
- Remodeling (Weeks 4-2 Years): strengthening and permanent tissue generation

The first 7 days after injury or surgery is the most important/or nutritional consideration.

The metabolic demands put on our body to repair tissue is upwards of 20% more than a healthy person.

This means you must *increase your calories by 15-10% and have a high daily protein intake.* The right food & supplements can increase the speed of your recovery.



EATING AFTER AN INJURY

THE IDEAL DIET: ANTI-INFLAMMATORY DIET RICH IN ANTIOXIDANTS

- Fatty fishes (salmon, tuna, mackerel)
- Olive oil, flaxseed oil, avocado oil, avocados
- Nuts & seeds (Brazil nuts, walnuts, almonds, cashews, pumpkin seeds)
- Fruit (grapefruit, orange, strawberries, guava, watermelon, pineapple)
- Berries (pomegranate, goji berries, blueberries, grapes, blackberries, raspberries)
- Dark leafy greens (spinach, kale, collard greens)
- Vegetables (beets, carrots, sweet potatoes, bell peppers)
- Shellfish (oysters, mussels, lobster, crab)
- Lean meats (bison, lean beef, chicken turkey, pasture raised eggs, tofu)
- Probiotic foods (Greek yogurt, kefir, sauerkraut, pickles)
- Spices (ginger, turmeric, garlic, capsin pepper, oregano, basil, raw cacao powder)
- Fluids (green tea, beet juice, coconut water, pineapple juice, water and electrolytes)

Avoid fried food, junk food and candy, processed and packaged foods: heavy creams, vegetable oils processed meats.



INFLAMMATION

Inflammation helps recovery, but *too much inflammation can cause limited mobility and damage to healthy tissue around the injury*. We want to balance inflammation through diet and supplements.

After an injury diet is very important, but we also need supplements to reach the amount of nutrients needed. All of the following supplements evidence based are proved to speed up recovery time.

SUPPLEMENTS:

Day 1-7 is the most important time to take the following supplements. Order them prior to surgery or as soon as possible, or you can send someone to Whole Foods or a local vitamin store to get these products. I suggest a product called Juven by Abbott Labs which you can purchase online. Take 1 packet 2X a day for 2-4 weeks. Juven provides the following amino acids: HMB, Glutamine, and Arginine.

In addition to Juven, you also need to take the following supplements 2X per day:

Collagen peptides
Vitamin C (take with collagen)
Proteolytic enzymes (before meals)
Vitamin A
Vitamin D3 with K2 (liposomal)
Fish oil
Curcumin
Probiotic
If needed for constipation - Acacia fiber



THE IDEAL RECOVERY DIET

It can be hard to eat after an injury. Stress, depression, less exercise and mental state all can decrease your appetite, but it is more important now than ever to continue to keep your body fueled. *Your body is working hard to rebuild and you want to prevent muscle loss during this time.*

TIPS FOR CONSUMING CALORIES:

- Try to have small meals every 3-4 hours.
- Drink your nutrients if eating is difficult
- Have high calorie, nutrient dense protein shakes.

WHAT A TYPICAL MEAL SHOULD LOOK LIKE:

- Protein: 1g per pound of body weight daily / palm sized portions of protein with each meal
- Carbs: 1 cupped palm or 1 baseball sized portion
- Fat: 2 thumb sized portions
- Veggies: the rest of your plate

It is best to be prepared as soon as you return home from surgery. Have a family member or friend order your supplements and go food shopping. If you will be in the hospital for longer than one day, ask a family member to bring you prepared food, or a meal for after surgery so you don't have to eat hospital food. If you have a meal prep company or chef cooking for you, share these pages with them.

GET ADVICE

FROM A SLEEP SPECIALIST

REMEMBER THE SLEEP PRINCIPLES:

- Sufficiency: 7 - 9 hours
- Quality: REM Sleep: 20-25%; Deep Sleep: 13 - 23%
- Consistency: Establish a routine where you go to bed at the same time every night

"Sleep affects almost every type of tissue and system in the body, from the brain, heart and lungs, to metabolism, immune function, mood and disease resistance."

Kristen Holmes.
WHOO

Use your WHOO to get the optimal performance and recovery ratio. Read more on the next few pages.



BENEFITS

WHOO improves performance and optimizes recovery using the unique performance optimization platform.

BENEFITS INCLUDE:

OPTIMIZED TRAINING

Balance workouts with recovery to train efficiently

BETTER SLEEP

WHOO recommends optimal sleep need every night

REDUCED RISK OF BURNOUT

Proper guidance on balancing stress and recovery



THE WHOO PLATFORM

MEASURE RECOVERY

Recovery determines the body's readiness for the day, and is affected by many factors including fitness level, health, stress, diet, hydration, and sleep.

QUANTIFY STRAIN

WHOO learns how much stress you're putting on your body, then guides you on how to make optimal performance gains while reducing risk of burnout.

MONITOR SLEEP

WHOO tells you exactly how much sleep you need each night in order to reach your peak performance the following day.

DASHBOARD

View your team's recovery, strain, and sleep on any given day to make informed decisions.

IN OTHER AREAS

INVEST

ATHLIFE

- AthLife was formed in 2004 to service the education, career development, and life skill needs of athletes. AthLife's approach is to guide the client through a process that builds skills and confidence, thus enabling them to assume control over their ongoing professional development.
- Currently, AthLife contracts with the NFL Players Association, The Trust (powered by the NFLPA), NBA, NBA G-League, NBA Retired Players' Association, NBA Player's Legacy Fund and Major League Soccer to assist their constituency with their career development and continuing education needs.
- Through the relationship with the NFLPA, active players can work with AthLife through 1:1 advising to develop professional development fundamentals such as networking, resume building, and LinkedIn utilization. Players can also access a variety of interest and personality assessments to increase self-awareness and explore career interests and opportunities. Finally, there are a variety of professional development e-Learning courses available to those who want to learn more about Career Fundamentals, Interview Preparation, and Off-Season professional development. Interested individuals should contact **Connor Ford** (connor.ford@nflpa.com) for more information.

DISCOUNTS & RESOURCES

JOURNALING

We know that your rookie year is an exciting one, but it can come with its fair share of challenges. Self-reflect and set your goals for the season by taking time to journal in a handy notebook.

MEDITATION



Contact wellness@nflpa.com for your free one-year subscription.

lumosity

Lumosity is a brain training program with 50+ games targeting cognitive areas including memory, attention, reasoning, flexibility, and information processing.

Contact wellness@nflpa.com for your free 6 month subscription

INJURED RESERVE

(PAIR) Program is for any player that is on IR. Join us for the next virtual session on December.

Email wellness@nflpa.com for more information.

COUNSELING



You have access to 8 free counseling sessions through Cigna EAP. To access, call 866-421-8628 or use your Cigna insurance by visiting mycigna.com

**VISIT
NFLPA.COM/WELLNESS
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