



2021

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 (Wills.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.

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. For example, go to bed and wake up at the same time.
- Sleep is the foundational element to performance. When we lean into the practice, we start to show up as more optimal versions of ourselves in every aspect of our lives.

"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 & Kate Cortellessa.

WHOOP

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



BENEFITS

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

BENEFITS INCLUDE:

OPTIMIZED TRAINING

Balance workouts with recovery to train efficiently

BETTER SLEEP

WHOOP recommends optimal sleep need every night

REDUCED RISK OF BURNOUT

Proper guidance on balancing stress and recovery



THE WHOOP 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

WHOOP 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

WHOOP 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

Player Programs

PERSONAL FINANCE

- Take steps toward financial wellness by meeting with [Financial Finesse](#) for free, unbiased one-on-one financial coaching sessions. Financial Finesse can help you build a budget, learn the basics of investing, prepare you to interview financial advisors and more.
- Browse through a list of vetted individual financial advisors and financial institutions featured in our [Financial Advisor Registration Program](#) when you log into [nflpa.com](#).
- Manage your paycheck with [Pocket Playbook](#), a tool that inputs your current salary information and can show you visuals of your financial outlook and future wealth projections.
- Monitor and protect your identity and credit by signing up for [Identity Guard](#).
- Learn more about these resources at [nflpa.com/finance](#).

CAREER DEVELOPMENT

- **NFLPA Externship** | Get experience this offseason with a 1-3 week opportunity to enhance your skills, network, and identify future careers and interests. The program window is February 14 – April 1, 2022. More info coming soon on [nflpa.com/externship](#).
- **AthLife Career Advising Services** | Develop your LinkedIn profiles, resumes, networking strategies – all important basics of your professional brand – with an AthLife career coach. Sign up at [nflpa.com/athlife](#).
- **Career Conversations** | Connect with professionals in various careers and industries for up to a 1-hour call to learn more about their role and what it takes to be successful in their field. Sign up at [nflpa.com/career](#).

CONTINUING EDUCATION

- **Continuing Education:** [2U](#) provides immersive education from top-tier universities (Yale, MIT, Rice) via online short courses (6-10 weeks) all year round. Earn a certificate in business, real estate, technology and technical boot camps in coding, cybersecurity, and digital marketing and more with your NFLPA discount. Short-courses and boot camps are tuition reimbursement eligible.



NICOLE MAHZOUN
(703) 200-3460
NICOLE.MAHZOUN@NFLPA.COM



CONNOR FORD
(508) 713-3644
CONNOR.FORD@NFLPA.COM



RAHMAN ANJORIN
(678) 350-5389
RAHMAN.ANJORIN@NFLPA.COM

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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 is a program for any player on IR. Sign up to for a one on one with Dr. Cargill [here](#). Or register to attend a small group with other players on IR [here](#).

COUNSELING



All active players with [Cigna](#) insurance get up to 8 sessions at no cost through the behavioral health benefits if the clinician is considered In-Network with Cigna. Access these sessions through "[The NFLPA Clinician Directory](#)"

**VISIT
NFLPA.COM/WEELLNESS
FOR MORE.**



DR. AMBER CARGILL
202.756.9172



JUSTINE GALADIMA
202.756-9194

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NFLPA

1133 20TH ST NW
WASHINGTON, DC 20036
WWW.NFLPA.COM
@NFLPA