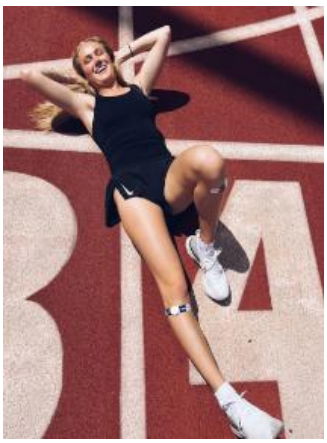
TOOLS FOR RECOVERY

Here are two pages of some recovery modalities that are used by a number of high school, college and professional athletes. I would recommend that you research these items and consult with your doctor or other healthcare professionals.

We have plenty of athletes who have used a variety of things such as foam rolling, massage guns, and cold or hot tubs. Plus, we always do some static stretching after tough workouts and meets as well as encourage protein within 30 minutes, even providing chocolate milk occasionally.

Here are some additional items that may be of interest to you….

https://www.recoveryfirefly.com/

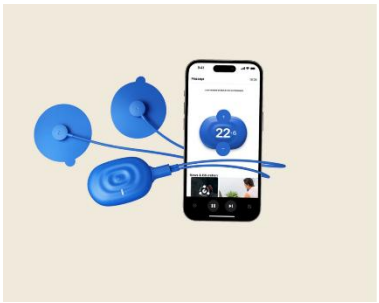


https://www.scheels.com/p/81005028199/?queryID=9fff842592fcac31ece2c3b0840775b8

https://xendurance.com

TOOLS FOR RECOVERY

https://recoverylabs.pro/

https://bioblade.store/

https://www.therabody.com/products/powerdot-uno-blue