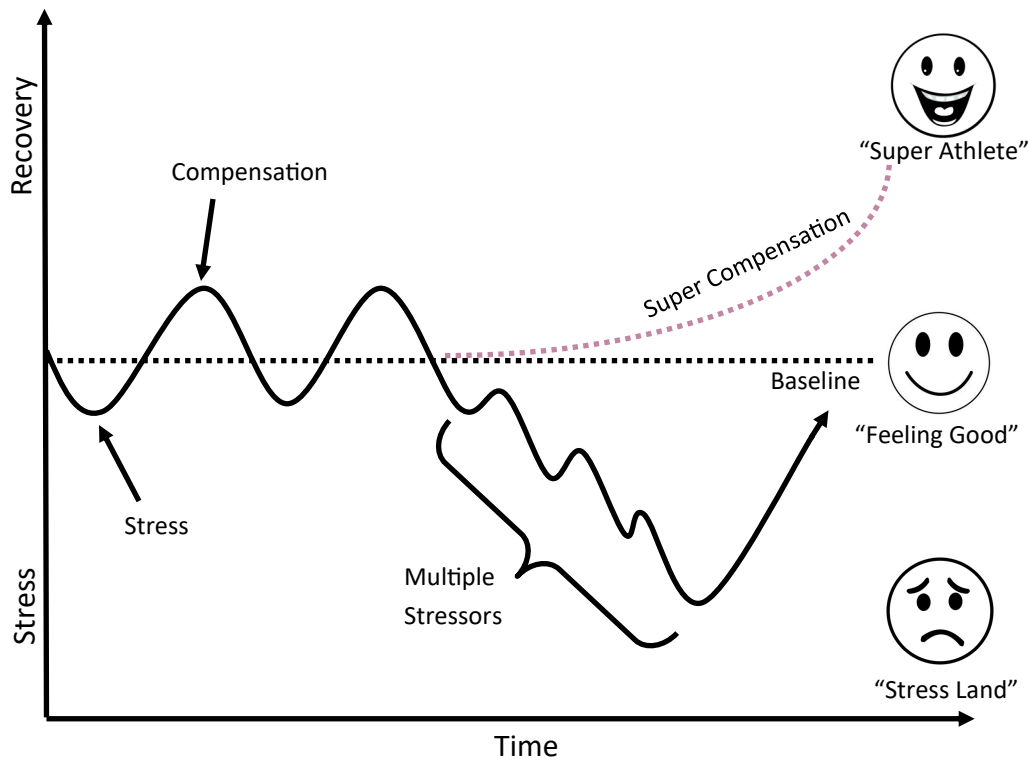


The Stress-Recovery Cycle and REGEN



What is Stress?
The non-specific response of the body to any demand for change.

STRESS IS CULMULATIVE!

- Environmental**
 - * Extreme weather
 - * Unpleasant living/work setting
- Chemical/Physiological**
 - * Alcohol, tobacco, drugs
 - * Poor diet, missing a night of sleep
- Mental/Psychological**
 - * Argument with family, friends
 - * Depression, anxiety
- Physical**
 - * Injury/Illness
 - * Difficult workouts (2-a-days)

Score 100 Points Every Day!

- 8 Hours of Sleep: +40
- In Bed Before 10pm: +10
- Foam Roller: +10
- Muscle Roller Stick: +10
- Hot Tub: +20
- Sauna: +20
- Massage: +20
- Stretching/Yoga: +10
- 8 Cups of Water: +20
- Drink a Smoothie: +10
- Eat a Salad: +10
- Swim, Bike, or Elliptical: +20

Steps to Regeneration

1. Sleep

1. High Quality and Quantity Amounts
2. In Bed Before 10pm
3. Dark, Quiet Room

2. Active Rest

1. Hot Tub
2. Sauna
3. Massage
4. Foam Roller
5. Muscle Roller Stick
6. Yoga/ Stretching
7. Low Impact Cardio

3. Nutrition and Hydration

1. Nuts and Seeds
2. Berries and Cherries
3. Lean Meats/ Proteins
4. Green Leafy Vegetables

4. Sports Medicine

1. Highly Targeted, Specific Physical Therapy/ BFR
2. Medications
3. Injections (Steroid, Lubricant, PRP)
4. Surgery (If all else fails)

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