

RECOVERY AND PERFORMANCE GUIDE

CREO | REHABILITATION
AND PERFORMANCE

About this guide...

If you are an athlete looking to improve your performance then within this guide you will find information detailing:

- The areas in which we focus to enhance performance
- Why these factors are so important and the effect they have on performance
- How we apply our therapy and nutrition services to improve your performance

We understand that the specific need of improvement varies between individuals which is why we don't have a generic programme. Through assessing many factors, we are able to highlight and apply changes to areas impacting performance.

Working with each athlete individually we are able to:

- Avoid needless injury
- Enhance mobility and function
- Fuel sessions and recovery

Our Recovery and Performance package uses our Therapy and Nutritional services to help the athlete perform better.

Prepare, Perform, Recover...

Your ability to prepare pre-event, recover post-event and the quality of injury rehabilitation all have a direct effect on your physical performance.

Our Recovery and Performance package is designed for the athlete looking to improve their all-round routines. Our Nutrition and Therapy services address key factors that are limiting physical performance levels and consistency.

We've worked with many athletes who have been making simple mistakes that unknowingly restrict their performance levels and consistency. Typically ignoring the relationship that recovery and nutrition have on their level of performance. However, they still expect to be performing at consistently high levels.

We highlight and prioritise the key factors that are limiting your performance, increasing your risk of injury and generally causing you to be inconsistent.

The Creo Rehabilitation and Performance Team

Preparing your body for performance

When your body is sufficiently recovered between sessions and prepared for the demands that your sport will place on it. Your performance level increase and the chance of injury is reduced.

When preparing our athletes prior to performance we ensure:

- A strength and conditioning programme is in place specific to the demands of the sport
- Your body has optimised movement quality to avoid injury
- You are sufficiently hydrated and your energy stores are adequate to sustain your performance

Therapy and its effect on performance

Athlete's focus should be on the prevention of injuries and not just take action once they occur.

We work with our athletes to ensure:

- Optimising training loads and frequency
- Inclusion of daily prehabilitation
- Enhance mobility and range of motion
- Baseline strength testing

We want to ensure that our athletes are at their peak physical condition reducing the chance of injury. By assessing the sport we are able to further understand the movement and load requirements. We compare these to the athletes movement quality, before highlighting areas in need of improvement.

Once we understand the requirements of the sport and the athlete's ability. We create a specific programme for that athlete to enhance movement, reduce the chance of injury and maximise sporting performance.

Nutrition and its effect on performance

Adequately fuelling your body through good nutrition and ensuring your muscle glycogen stores are sufficient prior to training is essential to maximise your physical ability.

If glycogen stores are insufficient as a result of failing to fuel your body prior to a training session, performance will almost certainly be compromised (particularly for high level athletes).

Failure to adequately fuel (and hydrate) prior to training can result in:

- Early onset fatigue
- Reduced speed and endurance
- Reduced concentration and skill
- Reduced strength
- Gut upset

We aim to help you get the most out of your training sessions and consistently perform at your best. Therefore, we focus on fuelling performance through good nutrition which is personalised to you, your goals and training schedule. Additionally, we place an emphasis on nutritional education providing you with the skills to independently heighten your athletic ability long-term.

Support recovery and training schedules

Assessing an athlete's current recovery methods, allows us to implement specific recovery and nutritional strategies to maximise their recovery between sessions.

Through the implementation of methods that support your recovery between competition and training, you reduce your chance of injury and consistently perform at a much higher level.

To enhance your recovery we focus on:

- Ensuring soft tissue recovery and range of movement methods are in place
- Ensuring the athlete's nutrition is sufficiently supporting recovery

We encourage easy-to-implement strategies that can commence immediately after the session concludes.

Our aim is to reduce the recovery time, improve the quality of recovery between sessions and allow the athlete to focus on competing.

Therapy and how we apply it to enhance recovery

When the body is provided with limited time to recover between sessions, damage can be caused to muscles, tendons, ligaments as well as other structures.

We work with athletes to understand their current training and competition schedules. From here we create a plan to ensure sufficient recovery is in place to ensure we are not overloading the tissues.

Providing your body with the time needed to recover means it is better prepared for the demands that your activity places on it. This results in a reduced chance of injury and an increase in physical performance.

We help our athletes:

- Balance competition and recovery schedules
- Include daily prehabilitation to support recovery
- Offer Therapy services to support recovery and improve function

Ignoring the symptoms of overloading your body is a sure way to reduce your overall physical performance and lead you to injury.

Nutrition and how we apply it to enhance recovery

Post-performance nutrition should be the primary focus following a training session to facilitate and enhance the recovery process. In general, recovery nutrition is based around muscle glycogen replenishment, protein synthesis optimisation and rehydration.

Inadequate post-performance nutrition may result in:

- Increased fatigue in day to day life
- Compromised performance in subsequent training sessions / events
- Suboptimal muscle gains from the session completed
- An increased level of Delayed Onset Muscle Soreness (DOMS)

Addressing your post-performance nutrition is key to efficient recovery, injury prevention and maintaining a consistent training schedule. Therefore, we aim to help you optimise this recovery period using carefully planned nutrition which is personalised to you alongside the skills you need to continue this long-term.

Supporting injury Rehabilitation

Our therapy and nutrition services help the athlete recover throughout all stages of their rehabilitation journey.

Dealing with the acute injury and initiating the rehabilitation process, we are with them all the way through to their first post injury appearance.

An individualised rehabilitation plan is the difference between an athlete making a full recovery and return to sport in a condition often better than pre-injury and a constant niggling reminder of the injury that was never rehabilitated.

- Well-structured nutrition enhances the rehabilitation to ensure you are back performing as soon as possible
- Initial injury assessment to determine the degree of injury
- Apply treatment methods designed to assist the healing process and guide you back to full function

Therapy and its effect on injury rehabilitation

We ensure that athletes are given the right advice to ensure a minimal loss of strength and elasticity of the injured areas.

We assess and focus on the following principles:

- Range of Motion
- Biomechanics
- Strength
- Sports specific conditioning

We have two objectives:

- The first is to discover how the injury occurred. Identifying any biomechanical issues that may cause a reoccurrence at a later date
- The second is to take the injury through the rehabilitation principles

Failure to rehabilitate any injury will lead to a loss of function. Left untreated the weakened tissues and structures will generally reduce your physical performance.

How we use nutrition to support injury Rehabilitation

An adequate and well-balanced diet is of uttermost importance during injury rehabilitation. Injury rehabilitation nutrition is highly individualised to the athlete and is based around carefully planned intakes of energy, protein, unsaturated fatty acids, micronutrients and appropriate supplementation in order to reduce inflammation and facilitate the healing process.

Inadequate Injury Rehabilitation Nutrition may result in:

- Accelerated muscle disuse atrophy
- Significant losses in muscular strength
- An increased level of body fat gain (particularly if immobile)
- Slower rate of healing and a longer period of inactivity

The primary goal of injury rehabilitation is to achieve the fastest rate of healing and return to play as quickly as possible. We recognise the cruciality of personalised nutrition when it comes to efficient recovery from injury. Therefore, we aim to help you devise an effective dietary strategy which is tailored to your specific needs to both enhance your rate of recovery and improve your physical performance once recovered.

About our packages

Everyone can benefit from a specific, holistic and consistent approach to recovery which will help maximize your performance and health.

Our packages maximise your results by combining our Therapy and Nutrition services and are sold at a 10% discount on individual purchases.

3 simples steps to your bespoke package:

1 Choose your route

Are you looking to improve recovery and performance or your quality of life?

2 Consider your bias Nutrition / Therapy

How much therapy or nutrition guidance do you require? Our gold, silver and bronze packages offer varying levels of support. You must select one therapy and one nutrition product. If you're unsure we can assist you with this part.

3 Choose your two products

Remember to choose one of each. Our packages cater for all budgets and levels of support.



Therapy £122.50
3 sessions per month



£81
2 sessions per month



£41.50
1 session per month

Nutrition £157.50
Bespoke nutrition plan

£108
Consultation + Monthly support

£63
Consultation

*To calculate your individual price combine the price of your two packages
All packages are month by month with no contract or long term commitments..*



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