

# Nutritional Recommendations for Injury Recovery

(Excerpts from Dr. Doug Anderson Guidelines)

When a person is wounded or injured (including recovery from surgical procedures), the body has conditional increases in nutrients to facilitate proper and rapid healing. The following steps will create the internal environment necessary for recovery:

**1. Drink extra water-** A large glass as soon as you wake up in the morning, before lunch and before dinner. Two of water's many functions are joint lubrication and muscle recovery. Even mild muscle cell dehydration can slow the bodies repair process.

**2. Get plenty of protein** - When you are injured even slight deficiencies can lengthen recovery time. Have at least three servings a day. You can always supplement with protein powder.

\*Protein calculation: The RDA is your bodyweight (BW) in pounds multiplied by .364 for grams per day.

\*Injuries, wound healing, and endurance exercise multiply your BW x .6 Surgery and major injuries BW x .7

\*Muscle building and intense exercise BW x .8

\*Protein estimation: The protein from animals (beef, fish, pork, poultry) varies from 5 to 10 grams per ounce. Using 7.5 as an average multiply the number of ounces in your serving by 7.5. For example: 8 ounce steak x 7.5= 60 grams of protein, 6 ounce chicken breast x 7.5= 45 grams of protein.

**3. Take extra vitamin C-** It activates enzymes needed to repair wounds and connective tissue. During your recovery, multiply your body weight by 10 and then round to the nearest 100 to find out how many milligrams of vitamin C you need per day. For example, 152 pounds x 10= 1520, rounded to the nearest hundred= 1500 mg per day.

**4. Do your best to stay away from junk food-** Eating less junk food is always good to do but is especially important when you are recovering. Foods like soda, chips, candy, cake, pies, doughnuts, and cookies are low quality sources of calories. If you have a sweet tooth, try snacking on fresh fruits or protein bars. Ice cream lovers are advised to eat nonfat yogurt instead.

**5. If you are on a weight-loss diet, put it on hold until you feel better-** Increase the number of calories you eat to a level where you maintain your current weight.

**6. When you are better:**

- \* Try to maintain healthy eating habits.
- \* If you are on a weight loss program, resume it.
- \* Dietary supplements may or may not be required after the elevated demands for injury recovery subside.

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