**RECOVERY STRATEGIES**

1. **Identify key recovery strategies and outline principles behind their use.**
2. **Describe physiological strategies that may be employed to aid recovery.**
3. **For the neural strategies listed in the table below, outline what they entail and explain their proposed benefits to performance.**

|  |  |
| --- | --- |
| Neural Recovery Strategies | Proposed benefits to performance recovery |
| Hydrotherapy |  |
| Contrast Water Immersion |  |
| Even Temperature Immersion |  |
| Massage |  |

1. **Outline the principles behind the use of cryotherapy for tissue damage therapy.**
2. **Psychological strategies can play an important part in emotional and possibly spiritual recovery be assisting in recovery of concentration, lifting motivation and decreasing anxiety levels.**
   1. **What are the benefits of debriefing as a psychological recovery strategy?**
   2. **Explain the use of contingency planning as a recovery strategy.**
   3. **Identify two other useful psychological recovery strategies.**