

## Post Injury Recovery

Every motocross racer knows that we take part in a fast, precise and dangerous sport, which when done correctly can also be a beautifully expressive form of art. Every artist encounters a creative block every now and then. Unfortunately for motocross racers these blocks usually come in the form of injuries. The most common moto injuries usually consist of broken bones, torn/sprained ligaments and concussions. Being able to recover properly from these injuries is so important because they can potentially end your racing career if you do not. You must not only recover physically from the injury but you must mentally prepare yourself to return to the motocross track as well.

Broken bones are fairly easy to recover from unless you had a really nasty bone shattering break. Make sure you get a good bone specialist, preferably one who specializes in athletes, to set your break. The doctor you choose is a very important part of your healing process, and it is important to get one you know and trust. You will probably have to wear some sort of cast for at least six week to eight weeks while the bone begins to heal. These first few weeks can be the most important because they will dictate how long your recovery period will be. If you want your bone to heal quicker and stronger be sure to not take the pain medicine that you are prescribed unless you absolutely can't stand the pain and feel like you may pass out. Prescription pain killers inhibit your immune system and your body's ability to uptake and utilize nutrients properly. It is no surprise that when the rest of your body is not functioning properly you will not heal properly either. To defeat pain first realize it is nothing more than a signal interpreted by the brain. Once you can control that signal you can concentrate on putting positive thoughts and feelings into your injury to facilitate the healing process.

There are many things you can do to make sure your body is getting everything it needs to encourage a quick and consistent healing process. Your diet is one of the most important things to consider during any healing process. To mend bones correctly your body needs plenty of vitamin C, D3, boron, zinc and calcium. These vitamins and minerals all interact with each other to heal everything from broken bones, joint problems, and torn muscles. Boron and vitamin D3 are both used to enhance the absorption rate of calcium. To get proper amounts of boron you may want to go buy a supplement unless you are a vegetarian, vegetarians get plenty of boron and vitamin D3 through lots of fruits, veggies and nuts. Chances are you probably don't get near enough of what you need from a conventional meat based diet unless you take supplements. You can get the exact vitamin D your body needs at any time, by simply going outside and getting a sun tan. Light strikes your skin causing a chemical reaction that gives your body all of the vitamin D it needs until you lose that tan. The best types of calcium can be found in dark green leafy vegetables, kelp, salmon with bones (don't eat the bones just buy it and cook it with bones) and sardines. I would personally stay away from milk because humans are not designed to drink cows milk, not only can it not be digested but most of nutrients in it can not be absorbed either. To top off your diet I would recommend using Cell Food®. This is a supplement that contains mostly everything your body needs, except energy, and it is all isolated from good sources.

The last part to healing properly is your activity level. Most people believe that sleep and rest is the best way to heal from an injury; however this is only partly true. In the beginning of your healing process you want to rest until you feel capable of moving around without severe pain. Once you get past that stage you want to get out and move around as much as possible because the more blood you get pumping the more healing you will experience. Moving around

also helps fight atrophy and sickness from setting in. So remember if you keep a positive outlook your healing process will be positive as well.