

WET RECOVERY

Does a post-workout dunk help you recover?



Original Research

Wilcock, I.M., et al.
 Water immersion: Does it enhance recovery from exercise?
International Journal of Sports Physiology and Performance 1:195-206, 2006.

TO REACH THE HEIGHTS OF YOUR SPORT, WILL WATER IMMERSION HELP OR IS IT JUST ANOTHER POPULAR FAD WITHOUT RESEARCH SUPPORT AND WITHOUT TRUE BENEFIT?

Training can put your body under a lot of stress. This stress is necessary, because it is what gets your body to adapt and improve performance. However, sometimes you can train so hard that it can be tough to recover between training sessions. Hence, many athletes and coaches constantly search for things to help them recover from training sessions. You will see everything from supplements to massage, and all are supposed to help you recover faster. Another method that is supposed to help with recovery is post-workout water immersion. Water immersion is supposed to work like active recovery, increasing blood flow to muscle and removal of waste products from muscle. The advantage this is supposed to provide is that you do not have to expend any extra energy, as you would have to do with active recovery. While a lot of athletes and coaches believe in water immersion, what really matters is what science has to say about it. In a review published in the *International Journal of Sports Physiology and Performance*, scientists reviewed past studies on the effects of water immersion on sports performance.

Power Key: water immersion, contrast therapy, isometric strength