Fractures are common injuries in horse racing due to the nature of falling from horses. Some fractures can be severe while others can be less so and treated in a matter of weeks. No jockey enjoys being out of the saddle due to injury and recovery process can be improved with optimal nutrition.

**Optimal Nutrition = Quicker Recovery Time**

**Consider: Energy**

The process of your body repairing bone requires a lot of energy and so needs to be considered in your diet. It may sound crazy, but during a period where your activity levels are lower, you may need just as much or even more calories in your diet than normal in order to help facilitate the bone growth. Make sure your calorie intake adds up or you risk slowing down or compromising the healing process. Good sources of dietary energy are wholegrain carbohydrate foods.

**Consider: Protein**

Healing of all body tissues, including bone, requires a good uptake of protein and amino acids which are obtained from foods rich in dietary protein. Lean meat, fish, eggs, beans and low fat dairy are great sources. A solid intake of protein during recovery has a positive effect on bone renewal rates and the body’s own immune response. Inadequate protein intake has been shown to lead to significantly longer recovery times, complications and a weaker fixed bone.
Nutrition for Rehabilitation: Fractures
A guide to optimal nutrition to support the recovery process

Consider: Antioxidants
When a fracture occurs the huge trauma causes a surge in cells called ‘free-radicals’ in our bodies which overwhelm our anti-oxidant reserves and can be responsible for excessive inflammation and bone turnover which slows down the repairing process. Increasing anti-oxidant intake in your diet (Vitamin C and E) may work towards removing free radicals. Anti-oxidants are widely available in many citrus fruits and vegetables or could be taken from a trusted supplement.

Consider: Minerals
By weight, bone is roughly 70% mineral and therefore it should go without saying the presence minerals in your diet is key to a successful recovery. Calcium, found in milk and dairy, is essential for bone health. Each mineral plays its own role but collectively they enhance bone production, stimulate fracture healing, and increase bone mineral density. Alongside this, a good intake of vitamin D, found in fish and exposure to sunlight, is highly recommended to increase absorption of calcium.

TOP TIP!
Whilst recovering from an injury make the most of the time you have by implementing dietary changes, to make the overall time away from riding as little as possible.

Book in to see one of the PJA Nutrition Team on how you can implement these changes in to your daily routine.

A diet plan can be created to help your recovery and maintain a sensible weight.

BE AWARE!
Although not always promoted by the PJA Nutrition Team, studies have shown during recovery from injury a vitamin and mineral supplement may be beneficial alongside a regular diet to optimise the amount of minerals in the diet, and promote the recovery process.

Speak to one of the PJA Nutrition Team for advice on a safe multi-vitamin supplement.