

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## NUTRITION FOR SPRAIN AND STRAIN REPAIR



Nutrition plays a crucial role in supporting the recovery process for sprains and strains. Both injuries involve damage to muscles, tendons, ligaments, or other connective tissues. Proper nutrition can help reduce inflammation, promote tissue repair, and provide the body with the nutrients it needs to heal efficiently. Here are some dietary guidelines to consider during the recovery period:

**Anti-inflammatory Foods** Inflammation is a natural response to injury, but chronic inflammation can hinder the healing process. Include foods rich in antioxidants and anti-inflammatory compounds, such as:

- Fruits** Berries (blueberries, strawberries), cherries, oranges, and kiwi.
- Vegetables** Leafy greens, broccoli, sweet potatoes, and bell peppers.
- Spices and herbs** Turmeric, ginger, garlic, and oregano.

**Protein** Protein is essential for tissue repair and muscle recovery. Include lean sources of protein in your diet, such as:

- Lean meats** Chicken, turkey, lean beef, and fish.
- Plant-based sources** Lentils, beans, chickpeas, tofu, tempeh, and quinoa.

**Omega-3 Fatty Acids** Omega-3s have anti-inflammatory properties and can aid in tissue repair. Include sources of omega-3 fatty acids, such as:

- Fatty fish** Salmon, mackerel, sardines, and trout.
- Flaxseeds, chia seeds, and walnuts.**

### Vitamins and Minerals

**Vitamin C** Supports collagen production and wound healing. Citrus fruits, strawberries, bell peppers, and broccoli are good sources.

**Vitamin E** Acts as an antioxidant and promotes tissue repair. Nuts, seeds, and spinach are rich in vitamin E.

**Zinc** Essential for wound healing and immune function. Include lean meats, legumes, nuts, and seeds.

**Hydration** Proper hydration is important for maintaining tissue elasticity and facilitating nutrient transport. Drink adequate water throughout the day.

**Collagen-Rich Foods** Collagen is a protein that supports connective tissue health. Incorporate collagen-rich foods like bone broth, collagen peptides, and gelatin into your diet.

**Limit Processed Foods** Minimize your intake of processed foods, sugary snacks, and high-sodium items. These can contribute to inflammation and slow down the healing process.

Remember that nutrition is just one aspect of the recovery process. Rest, appropriate exercises, and following medical advice are equally important for a successful recovery from sprains and strains. Consider consulting a registered dietitian who can provide personalized guidance based on your injury, health status, and dietary preferences.



EMMA NELSON  
RD, LDN, CPT

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