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Tina Cloney

Millikin University, USA

BIOGRAPHY

Tina Cloney is a health and nutrition professor in the department of exercise science & sport. She has a bachelor's degree in health, nutrition, and dietetics and a master's degree in community health, and a doctoral degree in public health, health education and health promotion. She is also a board certified registered dietitian, board certified sport specialist dietitian, and a board certified diabetes educator. Before joining in Millikin University, she worked for over 20 years as an educator and manager in various clinical and community capacities.

tcloney@millikin.edu

OPPORTUNITIES FOR NUTRITION EDUCATION AND INTERVENTION IN THE REHABILITATION OF ATHLETES WITH INJURIES

College athletes suffer significantly higher rates of injury than college non-athletes. These injuries occur during both practice and competition. As a result, physical activity limitations can occur later in life impacting both quality of life and longevity. The nutrition needs of college athletes, healthy or injured, significantly differ from that of college non-athletes. Upon presentation at the rehabilitation unit, it is imperative that athletes learn about the importance of nutrition in the Injury and Immobilization Phase and the Rehabilitation phase of therapy. Careful integration of nutrition intervention can promote healing and accelerate recovery. Nutrition education in this venue can also lead to lowered risk of recurrent injury or risk of another injury upon return to the sport. Athletes must be informed of the benefits of consuming appropriate nutrient intake and overcome any anxiety related to unwanted weight gain during the rehabilitative period. Consuming adequate calories, carbohydrate, protein, fat and micronutrients are vital to the control of inflammation, reduction in muscle atrophy, and to promote tissue repair, healing of fractures and/or breaks (if applicable), etc. Macronutrient and micronutrient recommendations promoting the recovery and rehabilitation of athletes status post injury, surgery, and/or rehabilitation therapy in addition to the transition back to competitive sport will be discussed.