

## Nutrition prescription in rehabilitation and subsequent injury prevention in active individuals and athletes

**Tina Cloney**

Millikin University, USA

Nutrition plays a crucial role in fitness, performance, recovery and healing. Appropriate nutrition and fluid regimens are vital to the prevention and treatment of injury in active individuals and athletes. Inadequate nutrition and fluid intake can result in undesirable cardiovascular system, central nervous system, and gastrointestinal system effects placing the individual and/or athlete at a greater risk of injury. Nutrition is often overlooked as an adjunct treatment option in the treatment of injury. Available energy balance and sufficient carbohydrate, protein, micronutrient and fluid consumption play a crucial role in the provision of vital nutrients in addition to the

suppression of catabolic hormones, release of anabolic hormones, promotion of subsequent tissue repair and the healing process. Nutrition and fluid recommendations for the treatment and prevention of injury for active individuals and athletes will be outlined as an adjunct therapy and in an effort to enhance the overall effectiveness of various types of rehabilitation. These nutrition recommendations also serve to provide practical guidelines to providers and/or practitioners in various types of professional settings for their patients and clients.

### Biography

Tina Cloney is a Health and Nutrition Professor in the Department of Exercise Science and Sport. She has a Bachelor's degree in Health, Nutrition, and Dietetics. She has completed her 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 Millikin, she has worked for over 20 years as an Educator and Manager in various clinical and community capacities.

tcloney@millikin.edu

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