

Nutrition and Musculoskeletal Injuries

Musculoskeletal injuries are an inevitable consequence of athletic participation, but their impact upon training and competition performance can be significant. Musculoskeletal injuries can result in athletes performing sub-optimally or even missing major competitions. Given these facts, it is unsurprising that there has been significant research effort applied to developing risk mitigation strategies to reduce injury occurrence and to speed up the recovery from an injury should it occur. Nutrition is one area that has received attention in this regard, with the effects of dietary intake and nutritional supplementation having been examined in relation to reducing the risk of injury and for promoting recovery. That said, there is very limited (quality) research evidence relating to the role of nutrition in the prevention of musculoskeletal injuries and even less in relation to the role of nutrition in injury management and recovery. Much of this is likely due to the fact that it is very difficult to conduct prospective randomised control trials in this area. In this session we will examine the evidence concerning nutritional strategies to reduce the risk of injury and improve recovery time, focusing upon injuries to skeletal muscle, bone, tendons, and ligaments.