



# FUEL YOUR RECOVERY

OrthoSC

## NUTRITION FOR HEALING

At OrthoSC, we want to help you not only feel better but heal your body and restore your strength. Your body is an amazing healing machine! But just like any machine, it needs the right fuel to work at its best. What you eat plays a huge role in how quickly and effectively you recover from injury or surgery.

Here, we provide a breakdown on how to nourish your body through each phase of healing.

### Phase 1: The Initial Repair (First Few Weeks to Months)

Think of this as the “construction zone” phase. Your body is focused on reducing inflammation, protecting healing tissues, and minimizing muscle loss. This phase can sometimes feel challenging due to pain, medication side effects, and limited movement. Still, you can support your body nutritionally throughout this phase.

#### Fight Inflammation:

- Load up on colorful fruits and veggies! Think berries, leafy greens, and bell peppers.
- Add legumes (beans, lentils) and whole grains for sustained energy.
- Dive into fish rich in omega-3 fatty acids, like salmon and tuna, or plant-based sources like walnuts and flaxseed oil.

#### Protect Your Muscles, Heal Wounds & Prevent Infection:

- Prioritize protein! Aim for 1 to 1.2 grams of protein per kilogram of your body weight. (We can help you calculate this!)
- Choose lean meats, fish, eggs, low-fat dairy, and soy products.
- Consider adding a low-dose creatine supplement (5 grams daily) to help minimize muscle loss.
- Vitamin C is also key and needed for collagen production and tissue repair. Go for fruits and veggies.

## Manage Your Weight:

- Fuel your healing, but be mindful of your calorie intake since you're less active.
- Eat enough calories to support some mobility and physical therapy, but less than what you ate when you were active and exercising daily.
- Focus on nutrient-dense foods.

## Combat Constipation:

- Pain meds can slow things down. Be sure to boost your fiber intake. Great sources of fiber include fruits, veggies, and whole grains.
- Prunes and prune juice can be your allies!
- Drink plenty of water throughout your recovery.

## Phase 2: Rebuilding & Strengthening (Weeks to Months Post-Surgery/Injury)

Now it's time to rebuild and regain strength! This phase focuses on rehabilitation, getting you back to your favorite activities, and preventing future injuries. Nutrition remains crucial during this time.

### Regain Muscle Mass:

Continue your protein-rich diet and creatine supplementation (5 grams daily).

If your appetite is low, eat small, protein-rich meals and snacks throughout the day.

### Support Ongoing Healing:

**Vitamin C (500 mg daily):** Essential for collagen production and tissue repair. Load up on citrus fruits, strawberries, kiwi, bell peppers, baked potatoes, and broccoli.

**Zinc:** Found in meat, poultry, dairy, whole grains, legumes (dried beans and peas), and nuts. It helps with wound healing and immune function. NOTE: It is better to get zinc from foods than supplements; high-dose zinc supplements can cause nausea and vomiting.

**Vitamin D (1000 – 5000 IU daily) and Calcium (1200 mg daily):** Crucial for bone health, especially after fractures or joint replacements. Low-fat dairy is a great source!



For nutritional support, please go to [getenroute.com](https://www.getenroute.com) or scan the QR code and learn more about the ENROUTE® surgical nutrition program.



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