



Methods for promoting relaxation and decreased sympathetic activity include:

- Active recovery—avoid high HR and high CNS demand
- Soft tissue therapy—low-intensity relaxation techniques
- Hot water therapy—full body immersion, at or below 102°F, 5-25 minutes
- Floating/swimming—10 feet deep minimum, 10-20 minutes
- Mental relaxation—dark, quiet room, 10-15 minutes
- Electro acupuncture—only through licensed therapist

In situations when an athlete is chronically parasympathetically dominant, stimulation methods can be useful for increasing sympathetic activity.

These methods include:

- Intensive deep tissue therapy—soft tissue therapy with a high level of stimulus
- Cold water immersion—1-3 minutes cold, 2-5 repeats, stabilise temperature in between
- Contrast therapy—2-3/1 minute hot/cold ratio, 2-4 repeats, stabilise between
- Sauna—5-10 minutes, 1-3 repetitions, finish with 2-3 minutes warm water rinse
- Change of environment—training 2-3 days required, 6-7 days ideal