



Supplements to help with Soft Tissue Injuries

Soft tissue in the body is made up of muscles, tendons, ligaments, fascia and skin. These structures help support your joints and other body structures. Proper diet and nutritional supplements are essential to promote healing of soft tissue structures. Here are some great supplements that we recommend which could help speed up your healing time after injury:

Magnesium

Magnesium is an essential mineral in the human body important for muscle contraction, nerve conduction and blood flow. Low levels of magnesium can lead to frequent leg cramping.

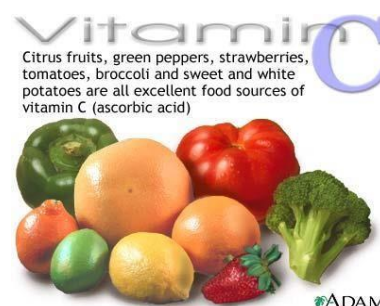
- Benefits include: Aiding in calcium absorption, prevent blood clotting, maintains healthy blood pressure levels, reduces muscle tension
- Foods that have high levels of magnesium include: green leafy vegetables, fish, beans, avocado, potato, rice nuts and seeds
- Recommended daily intake (RDI) of magnesium (adults): 400mg for men and 300mg for women
- RDI for children aged 9-13: 240mg
- RDI for adolescents aged 14-18: 410mg for males and 360mg for females



Vitamin C

Vitamin C is an antioxidant that promotes healthy teeth and gums, as well as helping the body absorb iron and maintain healthy tissue. It also plays a role in wound healing. Vitamin C is a major contributor to tissue healing and a deficiency will also slow tissue maturation and delay healing

- Foods that have high levels of Vitamin C include: citrus fruits, potato, dark leafy vegetables, broccoli, fresh herbs
- RDI of Vitamin C (adults): 90mg for men and 75mg for women
- RDI for children aged 9-13: 45mg and adolescents aged 14-18: 70mg



Vitamin D

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Vitamin D is a hormone that helps the body absorb calcium and essential for the health of bones and muscles.

- Most Vitamin D is produced when the skin is exposed to sunlight and small amounts are obtained from diet (fatty fish).
- Recommended sunlight: 30min in Winter, 15min in Summer. Must expose at least the upper arms for proper absorption.
- Low levels of Vitamin D can lead to osteoporosis, muscle weakness, aches and can increase the risk of fractures.
- The recommended dosage for Vitamin D is more complicated due to the main source being sunlight. However, there are no known risks to excessive vitamin D. Please consult your GP for vitamin D supplements.



Silica

Silica is a mineral that has been called the “beauty mineral” due to its effects on improving skin elasticity as well as hair and nail growth. More recently silica has been shown to help ensure collagen elasticity of all connective tissue in the body ie tendons and cartilage. Silica helps to reduce aches and pain, also maintaining the body’s flexibility. Silica also helps with calcium absorption, reducing the risk of osteoporosis

- Natural sources of silica include: leeks, beans, strawberries, cucumber, mango, celery, asparagus and rhubarb
- Recommended daily intake of silica for adults is 9-14mg.
- RDI for children has not been determined due to lack of data about the adverse effects in this age group

Copper

Copper is a mineral found throughout the body which helps in producing red blood cells, and keeps your nerve cells and immune system healthy. Copper is essential for soft tissue repair as it helps form collagen, a crucial part of bones and connective tissue

- Food sources high in copper include: oysters, whole grains, beans, nuts, potatoes and organ meats (kidney, liver), dark leafy green vegetables
- Recommended daily intake of copper for adults is 900 micrograms
- RDI for children aged 9-13: 700mcg and adolescents aged 14-18: 890mcg



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Zinc

Zinc is an essential mineral found in some foods (particularly high in shellfish). Zinc plays a role in immune function, protein synthesis, wound healing, DNA synthesis and cell division. Half of the zinc present in the body lies inside muscles and its role in muscle development makes it essential for soft tissue repair.

- Food sources high in zinc include: oysters, crab, lobster, pork chop, beef chuck, baked beans
- Recommended daily intake of zinc for adults is 11mg for men and 8mg for women
- RDI for children aged 9-13: 8mg and adolescents aged 14-18: 10mcg