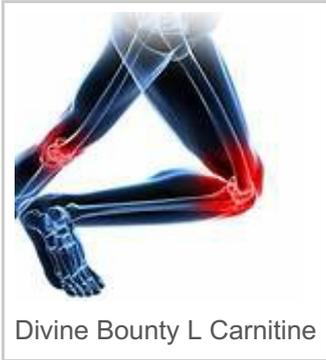


Experts Now Reveal the Recovery Strategies for Sports Injuries

Melissa Scott January 11, 2019



Divine Bounty L-Carnitine have been found beneficial in delivering the therapeutic goodness of this amino acid.

([Newswire.net](https://www.newswire.net) -- January 11, 2019) Orlando, FL -- When it comes to injuries, everyone including highly-trained athletes can suffer from them. It is important to learn exactly how to prevent injuries and how they should be treated.

Brian McEvoy, PT, UnityPoint Health, reveals the common sports injuries, their causes, treatments, and some recovery strategies.

One is hip flexor strain, which can produce pain when raising the leg. Pain often occurs when transferring in and out of a car or climbing the stairs.

It is worth mentioning that weak hip flexors are common in individuals who spend too much time sitting at work. They may also be found in those with poor sitting posture.

It can lead to bruising in the front of the upper thigh and even in the groin area. Physical therapy for the pain can be helpful. There are also specified hip-strengthening exercises that aid in regaining range of motion and power.

Taking care of the muscles is extremely important among athletes. When the muscles are damaged, it can negatively affect trainings and performances.

Among athletes, muscle damage is often inevitable. The good news is that certain amino acids like L-Carnitine could work wonders in preventing such a damage.

Studies have long demonstrated L-Carnitine is beneficial in athletes in many ways. This amino acid is involved in the body's energy production, which is useful not just among those who engage in sports but also the general population.

In 2014, a study was published in the Asian Journal of Sports Medicine.

This research had 21 male athletes as subjects, who were divided into the L-Carnitine or placebo group. Treatments were administered every day for two weeks before an athletic test.

Scientists found that those who took L-Carnitine had reduced levels of some markers that indicate muscle damage.

While more studies are still underway to find more evidence on L-Carnitine's muscle-damage-preventing effects, its use is widespread nowadays.

There are many people who resort to the use of L-Carnitine for preventive health purposes. Aside from preventing and repairing muscle damage, its use as been found to offer many other benefits.

Supplements like Divine Bounty L-Carnitine have been found beneficial in delivering the therapeutic goodness of this amino acid.

This extra-strength formula is loaded with the healthy properties scientists found in L-Carnitine. It is carefully crafted to ensure that consumers are provided with a safe and reliable source of this natural ingredient.

One of the things that make this formula even more beneficial is that it is protected with a money back guarantee.

(<https://www.amazon.com/dp/B06XF7K9MM>)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate

about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

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