

PRIORITY LEVEL



Moderate Priority

A workable recovery window – apply Level 2 modalities where the context below justifies them.

Full Report

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RECOVERY CARD

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FC Lion

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Moderate Priority

Reduce Soreness (DOMS)

48-72h to next match

Starter (>75 min)

Congested Schedule

FOUNDATIONS — ALWAYS

Sleep (8-10h)

Nutrition & Energy Availability

Hydration

RECOMMENDED

Massage

Foam Rolling

Cold Water Immersion

Compression Garments

OPTIONAL

Breathing & Parasympathetic Work

Meditation / Mindfulness

Recovery Boots (Pneumatic)

Sauna / Heat Exposure

Flexibility / Stretching

Contrast Water Therapy

⊗ AVOID

– Do not replace training or the foundational strategies with passive recovery modalities alone.

COACH NOTES

Priority for this player is reducing soreness, with 48-72 hours until the next match. Full recovery investment is justified – this player accumulated the most match load. The congested schedule pushes Level 2 modalities up the priority list for this player specifically.

Head of Performance / Staff Signature: _____

Generated by the Football Recovery Decision Framework (FRDF) – supports, and does not replace, the judgement of qualified medical and performance staff.

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This plan is generated from a fixed set of decision rules derived from the accompanying review article (Nédelec et al., 2013; Fullagar et al., 2015; Dupuy et al., 2018; Van Hooren & Peake, 2018; Peake et al., 2017; Julian, Page & Harper, 2021; Den Hollander et al., 2025; Liu, Li & Han, 2026; Thomas et al., 2016; Kerkick et al., 2017; Walsh et al., 2021). It supports – and does not replace – the judgement of qualified medical and performance staff.