



Recovery ROI Index

HOW TO OPTIMIZE RECOVERY

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Welcome

Recovery is both science and strategy. The Recovery ROI Index distills complex physiology into clear, practical systems designed to help you make smarter choices about your recovery investments.

Each modality highlights:

1. Objective — What the method targets physiologically.
2. Implementation — How and when to apply it effectively.
3. Insight — What research and real-world use reveal about its benefits.
4. Caution — Safety, contraindications, or limits to consider.

Every method also includes a Recovery ROI Meter, which scores:

- Effectiveness (1-5) — How much measurable impact it provides on performance and recovery.
- Practicality (1-5) — How easy, affordable, and sustainable it is to use consistently.

The goal is not to add more tools but to identify the ones that deliver the highest return on consistency and commitment.

“

**Simplicity, consistency,
and personalization
create the foundation for
lasting performance.**

”



Disclaimer

This Recovery ROI Index is for informational and educational purposes only. The content provided is not medical advice and should not be used as a substitute for professional medical consultation, diagnosis, or treatment.

Before starting any new training or recovery regimen, consult with a qualified healthcare provider, physician, or licensed professional to determine if it is safe and appropriate for your individual health condition.

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The Recovery ROI Index

A practical model to evaluate which recovery tools deliver the greatest return on your time and investment.

Every recovery method can be evaluated using two key variables:

1. Effectiveness / ROI — How much measurable physiological impact it provides (reducing inflammation, improving HRV, restoring energy, optimizing sleep).
2. Practicality / Accessibility — How easy, affordable, and realistic it is to use consistently.

Each method outlined in the Index is scored on a 1–5 scale for both variables and grouped into four categories:

 **Foundational Recovery:** High effectiveness, easy to access daily (sleep, nutrition, breath work).

 **High-Value Recovery:** Strong impact, moderate time or cost commitment (sauna, cold plunge, massage).

 **Perceptual Recovery:** Moderate physiological benefit but strong mental or perceptual recovery effect (compression, cupping).

 **Specialty Recovery:** Advanced, research-driven methods requiring professional access or equipment (HBOT, IV, PEMF).



ROI Scoring Scales

To use the Effectiveness and Practicality scales, simply rate each recovery method from 1 to 5 based on two factors:

- how powerfully it improves recovery or performance (Effectiveness)
- how easy and realistic it is to use consistently (Practicality)

Effectiveness + ROI Scale

Score	Meaning	Examples
5	Proven, system-wide impact on recovery physiology	Sleep, HBOT, Nutrition
4	Strong evidence and measurable benefit	Sauna, Zone 2 Conditioning, Red Light
3	Moderate or situational benefit depending on use	Massage, BFR, Breathwork
2	Primarily perceptual or minimal systemic effect	Compression, Cupping
1	Minimal data or inconsistent outcomes	Novel, niche, or experimental devices



ROI Scoring Scales

To use the Practicality and Accessibility scale, rate each recovery method from 1 to 5 based on how easily it can be integrated into daily life — considering time, cost, equipment, and availability.

Methods scoring 4–5 are ideal for consistent use and habit formation, while lower scores typically indicate specialized tools or higher-cost options that are best reserved for periodic or guided recovery sessions.

Practicality / Accessibility Scale

Score	Meaning	Examples
5	Easy, low-cost, daily use	Sleep Hygiene, Breathwork
4	Moderate cost and setup	Cold Plunge, Sauna, Compression
3	Requires equipment or professional guidance	Massage, Red Light, BFR
2	Specialized access or higher cost	PEMF, IV Therapy, Float Tank
1	Limited access or high expense	HBOT, ShiftWave

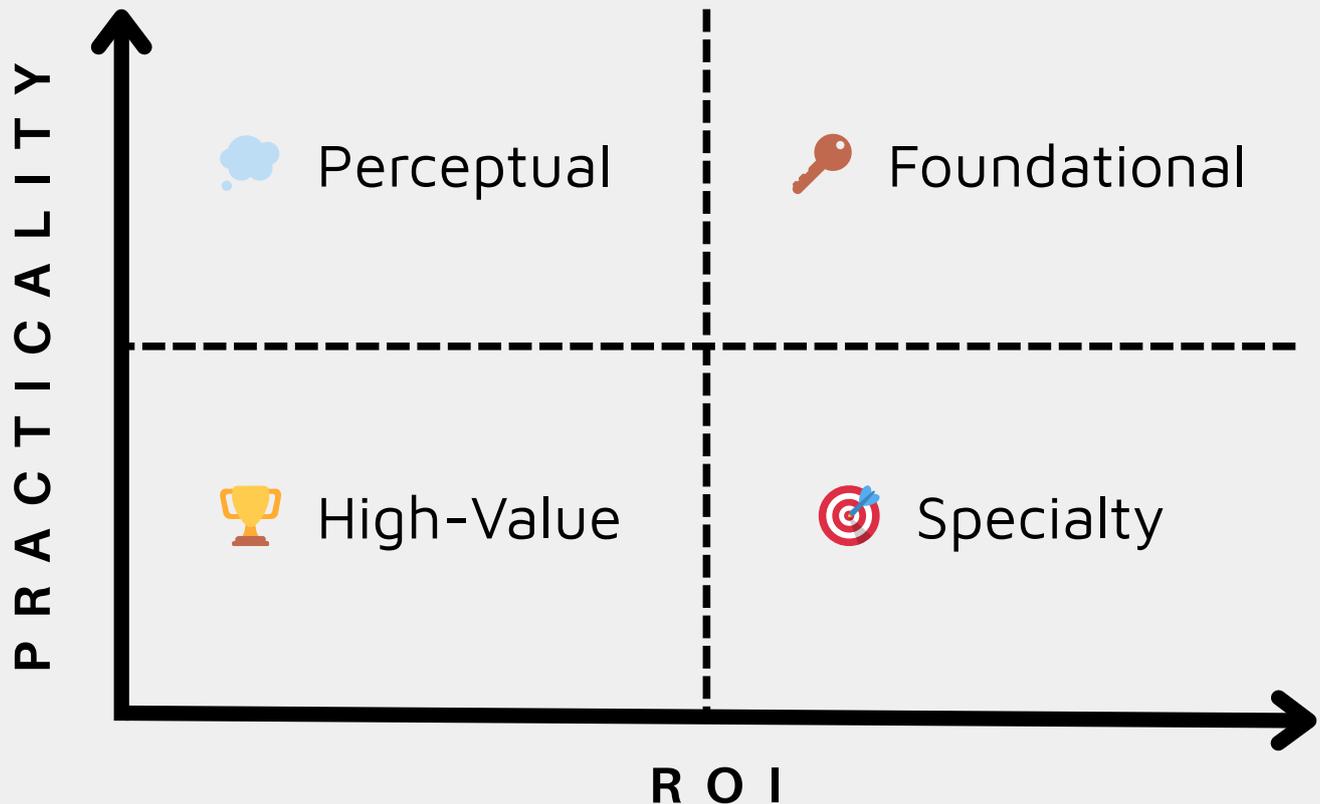


Master ROI Ranking

#	Modality	Effectiveness	Practicality	Category
1	Sleep Hygiene Optimization	5	5	🔑 Foundational
2	Nutrition Shake (Post-Workout)	5	5	🔑 Foundational
3	Zone 1-2 Non-Impact Conditioning	4	5	🔑 Foundational
4	Breathwork Protocols	4	5	🔑 Foundational
5	Dry Sauna	4	4	🏆 High-Value
6	Cold Plunge	4	4	🏆 High-Value
7	Massage Therapy	3	4	🏆 High-Value
8	Infrared Red Light Therapy	4	3	🏆 High-Value
9	Contrast Therapy	3	4	🏆 High-Value
10	Electrical & Neuromuscular Stimulation	3	4	🏆 High-Value
11	Blood Flow Restriction / Ischemic Preconditioning	4	3	🏆 High-Value
12	Dry Needling + Electrical Stimulation	4	3	🏆 High-Value
13	Compression Boots	2	4	🧠 Perceptual
14	Cupping Therapy	2	4	🧠 Perceptual
15	Vibration Plate Therapy	3	3	🧠 Perceptual
16	Hyperbaric Oxygen Therapy (HBOT)	5	1	🎯 Specialty
17	Nutritional IV Therapy	4	2	🎯 Specialty
18	PEMF Mat	3	2	🎯 Specialty
19	Float / Isolation Tank	2	2	🎯 Specialty
20	ShiftWave Therapy	3	1	🎯 Specialty

ROI Matrix

Recovery is dynamic. The right tool depends on your body's current demands, not the latest trends.



Sleep

EFFECTIVENESS: 5
PRACTICALITY: 5

 **FOUNDATIONAL**

Objective

Maximize hormonal recovery, cellular repair, and cognitive performance.

Implementation

7-9 hours nightly in a temperature controlled room between 60 - 67 degrees F, quiet room, dark room; consistent sleep and wake times.

Insight

Sleep remains the single highest-ROI recovery tool for every physiology and lifestyle.

Precautions

Persistent fatigue may indicate underlying issues—seek professional evaluation.



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Nutrition Shake

EFFECTIVENESS: 5

PRACTICALITY: 5

 **FOUNDATIONAL**

Objective

Replenish glycogen, support protein synthesis, and accelerate recovery.

Implementation

Consume 30 - 40 g protein + 30 - 40 g carbohydrates + 5 g creatine within 30 minutes of exercise.

Insight

Timing nutrition properly reduces muscle damage and enhances adaptation.

Precautions

Adjust for dietary restrictions or individual calorie goals.



Zone 1-2 Conditioning

EFFECTIVENESS: 4
PRACTICALITY: 5

 **FOUNDATIONAL**

Objective

Facilitate active recovery through low-intensity movement that supports aerobic health.

Implementation

30–60 minutes at 60–70% heart rate max (walk, cycle, swim)

Insight

Improves HRV, metabolite clearance, and mitochondrial density when used between higher-load sessions.

Precautions

Monitor effort during acute injury phases to prevent overload.



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Breathwork

EFFECTIVENESS: 4

PRACTICALITY: 5

 **FOUNDATIONAL**

Objective

Enhance oxygen efficiency, reduce stress, and regulate autonomic balance.

Implementation

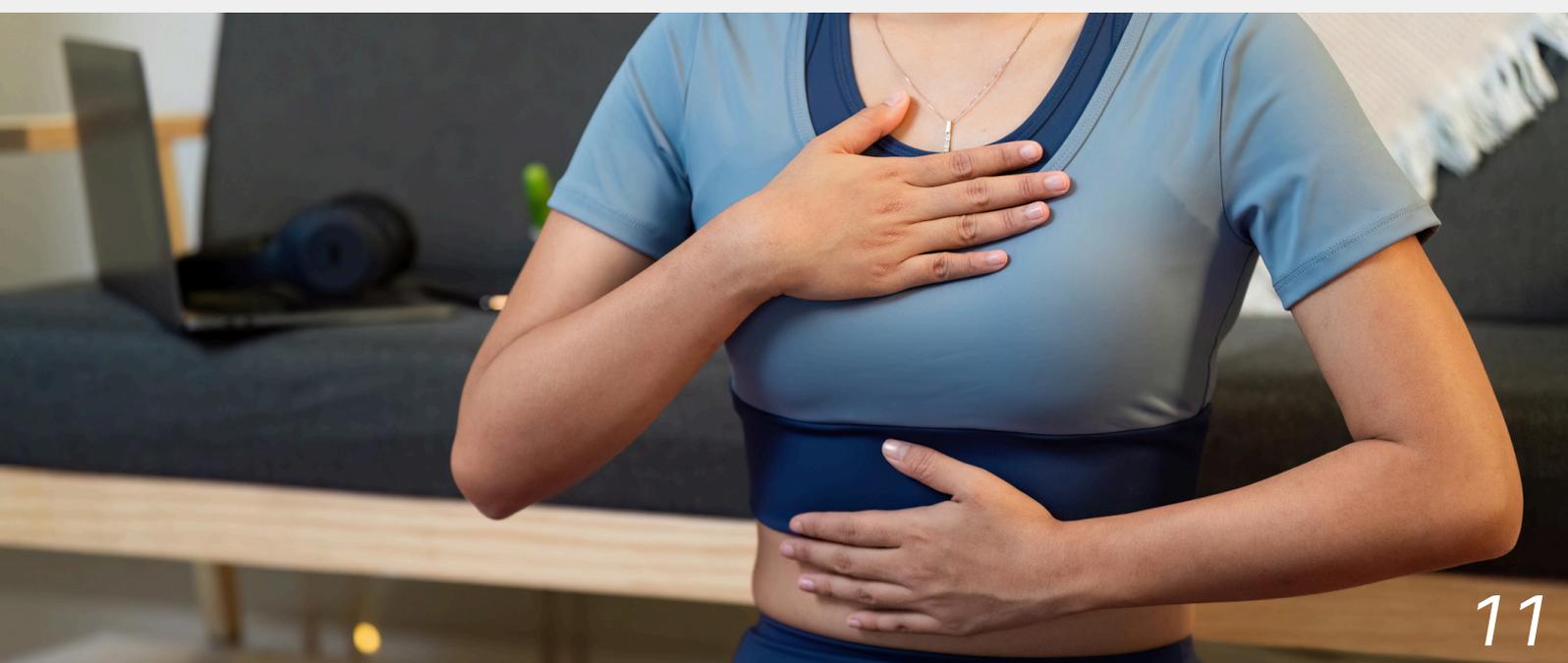
5–10 minutes daily; techniques include box breathing (4-4-4-4) or nasal CO₂ tolerance drills.

Insight

Shown to improve HRV, sleep, and focus; foundational for nervous-system recovery.

Precautions

Avoid prolonged breath-holds with cardiovascular or respiratory issues.



Dry Sauna

EFFECTIVENESS: 4
PRACTICALITY: 4

 **HIGH VALUE**

Objective

Increase cardiovascular health, improve circulation, and stimulate heat-shock proteins to enhance recovery and longevity.

Implementation

15–25 minutes at 170–190°F, 3–5 times weekly. Hydrate before and after.

Insight

Regular heat exposure promotes cardiovascular conditioning and growth hormone release, complementing training adaptation.

Precautions

Monitor hydration and avoid use during illness or dizziness.



Cold Plunge

EFFECTIVENESS: 4

PRACTICALITY: 4

 **HIGH VALUE**

Objective

Reduce inflammation, activate the parasympathetic nervous system, and promote brown fat oxidation.

Implementation

2-8 minutes at 50-55°F, ideally post-training or in the morning for nervous system reset. Target goal is > 11 minutes each week.

Insight

Cold immersion improves HRV, mood, and vascular function when used consistently 3-4x per week.

Precautions

Avoid directly after heavy strength sessions if hypertrophy or tissue remodeling is the goal.



Massage

EFFECTIVENESS: 3

PRACTICALITY: 4

 **HIGH VALUE**

Objective

Improve tissue mobility, reduce stiffness, and support parasympathetic recovery.

Implementation

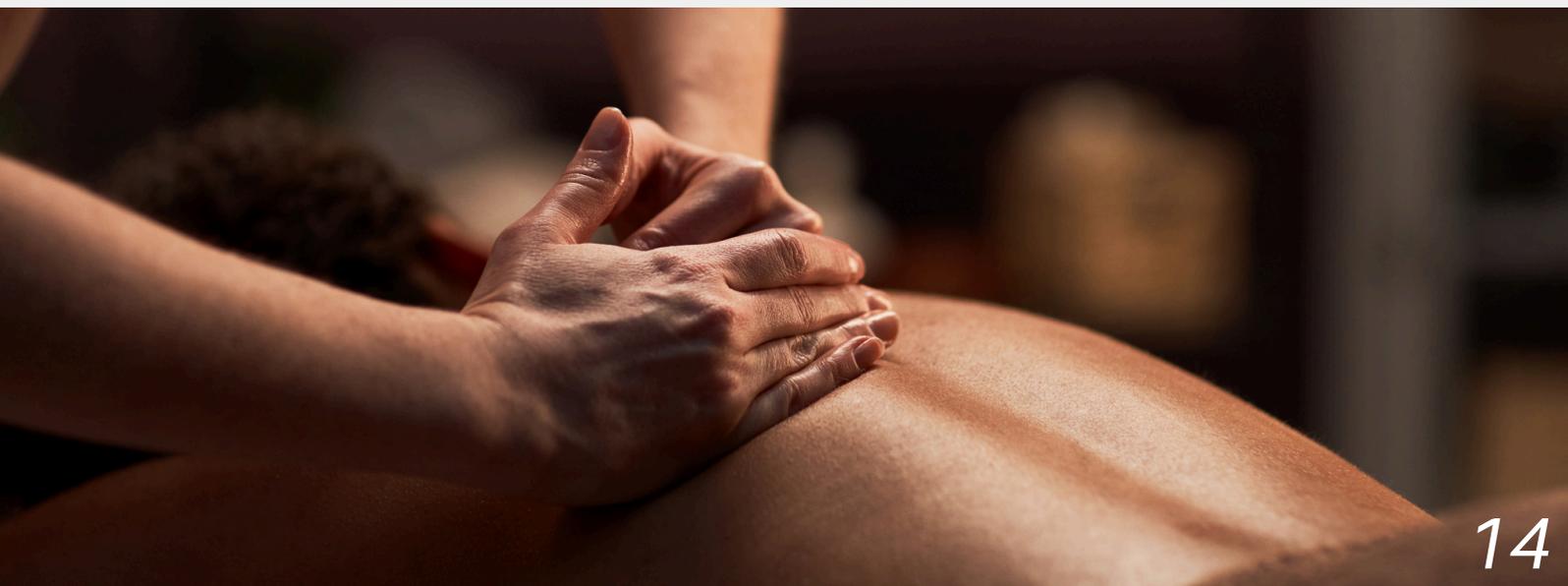
30–60-minute sessions weekly or as part of deload phases.

Insight

Enhances circulation, decreases soreness, and improves perceived readiness.

Precautions

Avoid deep pressure on acute injuries or during inflammation flare-ups



Red Light Therapy

EFFECTIVENESS: 4
PRACTICALITY: 3

 HIGH VALUE

Objective

Boost mitochondrial energy production, reduce inflammation, and accelerate tissue repair.

Implementation

Expose target areas for 10–15 minutes, 3–5x weekly, using 660 nm (red) and 850 nm (NIR) wavelengths.

Insight

Improves collagen formation, recovery speed, and HRV; works synergistically with exercise.

Precautions

Avoid eye exposure; follow manufacturer guidelines for distance and duration.



Contrast Hydrotherapy

EFFECTIVENESS: 3
PRACTICALITY: 4

 **HIGH VALUE**

Objective

Promote blood-flow cycling and reduce soreness through alternating heat and cold exposure.

Implementation

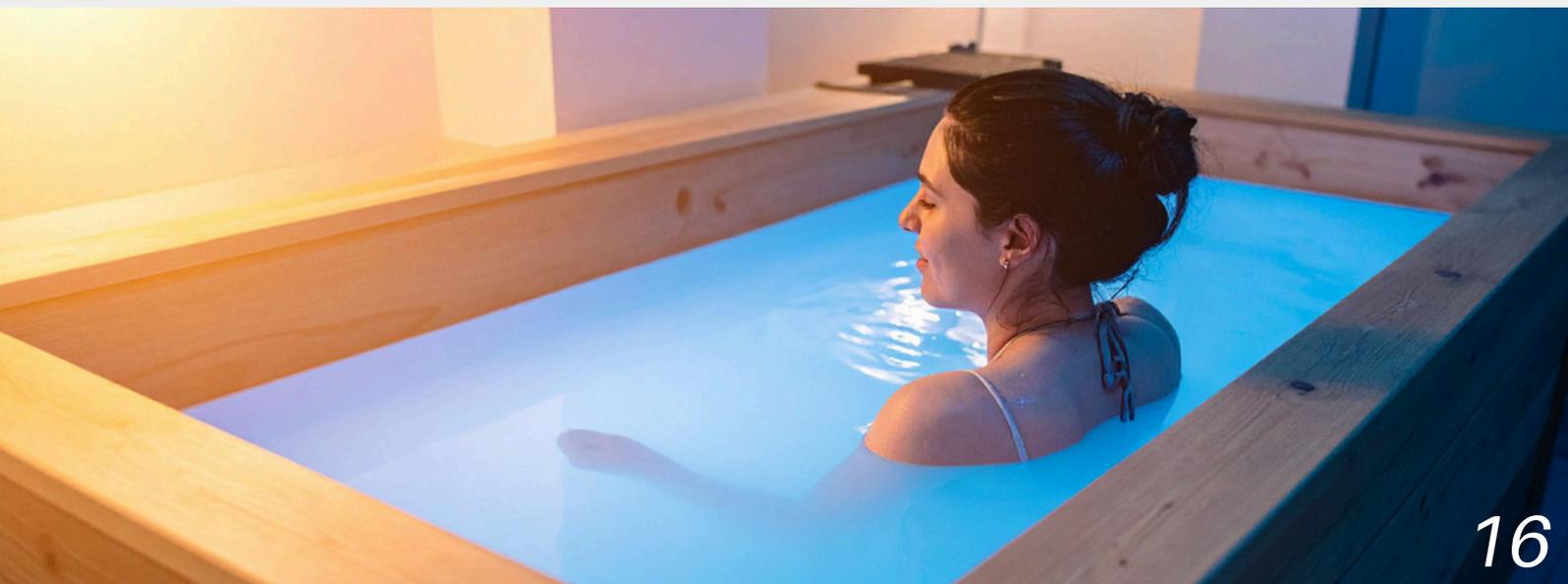
Alternate 1–3 min cold (50°F) and 2–3 min hot (100–110°F), repeat 3–5 cycles.

Insight

Stimulates vascular response and autonomic balance, supporting recovery between sessions.

Precautions

Avoid with impaired circulation or neuropathy.



Electrical Muscle Stimulators

EFFECTIVENESS: 3
PRACTICALITY: 4

 HIGH VALUE

Objective

Stimulate muscle activation, improve circulation, and reduce soreness.

Implementation

30 - 60 minutes low-frequency for recovery or 5-10 minutes high-frequency for activation.

Insight

Effective pre-workout or during deload phases to promote muscle re-education and local blood flow.

Precautions

Avoid with pacemakers, fractures, or over open wounds.



Blood Flow Restriction

EFFECTIVENESS: 4
PRACTICALITY: 3

 **HIGH VALUE**

Objective

Enhance strength and recovery using low-load exercise under partial occlusion.

Implementation

30-15-15-15 rep protocol at 20–30% 1RM, using 40–80% limb occlusion pressure.

Insight

Improves muscle growth and endurance with minimal mechanical stress —useful post-injury or deload.

Precautions

Avoid with clotting disorders, uncontrolled hypertension, or peripheral vascular disease.



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Dry Needling

EFFECTIVENESS: 4

PRACTICALITY: 3

 **HIGH VALUE**

Objective

Reduce muscle tension, modulate pain, and promote local tissue repair.

Implementation

10-15 minutes on targeted muscle groups as directed by a licensed clinician.

Insight

Combines neuromodulation with micro-trauma response to support faster healing.

Precautions

Performed only by trained professionals; avoid in clients on anticoagulants or with active infection.



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Compression Boots

EFFECTIVENESS: 2
PRACTICALITY: 4

 PERCEPTUAL

Objective

Enhance venous return, lymphatic flow, and perceived muscle recovery post-exercise or travel.

Implementation

30 - 60 minutes at light-to-moderate pressure post-training or during downtime.

Insight

Aids recovery perception and circulation; best used between sessions or after flights.

Precautions

Not recommended with DVT, open wounds, or acute infection.



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Cupping Therapy

EFFECTIVENESS: 2

PRACTICALITY: 4

 **PERCEPTUAL**

Objective

Increase local circulation, relieve tension, and improve tissue mobility.

Implementation

5–10 minutes static or dynamic application by trained practitioner.

Insight

Best used for perceived tightness and mobility improvement.

Precautions

May cause mild bruising; avoid on fragile or irritated skin.



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Vibration Plates

EFFECTIVENESS: 3

PRACTICALITY: 3

 **PERCEPTUAL**

Objective

Improve circulation, joint mobility, and muscle activation using oscillating vibration.

Implementation

5-10 minutes at 20-40 Hz before or after exercise.

Insight

Enhances neuromuscular readiness and perceived recovery when paired with stretching.

Precautions

Avoid with acute inflammation or joint instability.



Hyperbaric Oxygen

EFFECTIVENESS: 5
PRACTICALITY: 1

 **SPECIALTY**

Objective

Increase oxygen delivery and promote cellular repair under pressurized oxygen conditions.

Implementation

60–90-minute sessions, 1.3–2.5 ATA, 1–3x weekly depending on recovery goals.

Insight

Enhances healing, reduces oxidative stress, and accelerates recovery post-procedure or high load.

Precautions

Not suitable for untreated pneumothorax or uncontrolled respiratory conditions.



Nutritional IV

EFFECTIVENESS: 4
PRACTICALITY: 2

 **SPECIALTY**

Objective

Deliver key vitamins, minerals, and amino acids directly into circulation for rapid recovery.

Implementation

Administered by licensed professionals; typically 1-2x per month or after travel/intense training.

Insight

Can support hydration, immune function, and energy restoration when combined with foundational nutrition.

Precautions

Screen for allergies or medical contraindications prior to infusion.



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PEMF Mat

EFFECTIVENESS: 3
PRACTICALITY: 2

 **SPECIALTY**

Objective

Stimulate cellular repair, improve microcirculation, and reduce inflammation.

Implementation

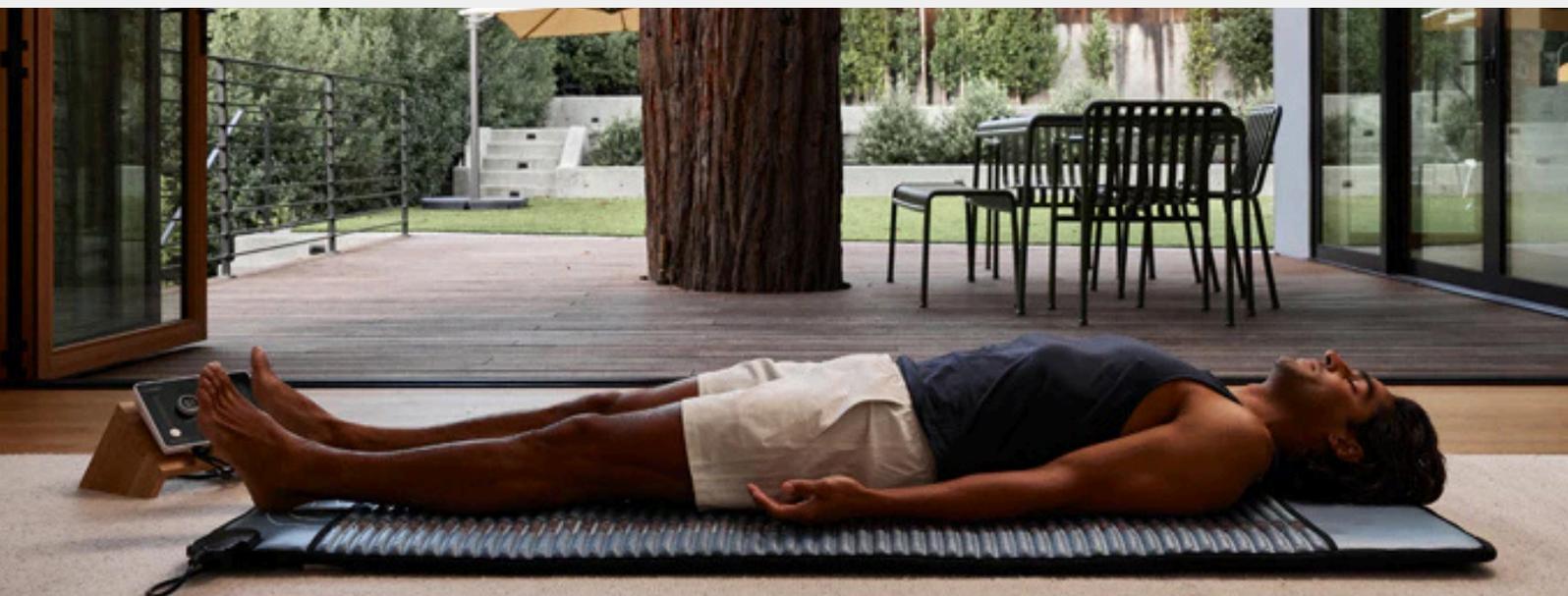
10–30 minutes daily or before sleep to promote recovery and relaxation.

Insight

Supports mitochondrial function and may improve HRV when used regularly

Precautions

Avoid with pacemakers or implanted electronic devices.



Float Tank

EFFECTIVENESS: 2

PRACTICALITY: 2

 **SPECIALTY**

Objective

Reduce sensory input, decrease stress hormones, and promote deep parasympathetic relaxation.

Implementation

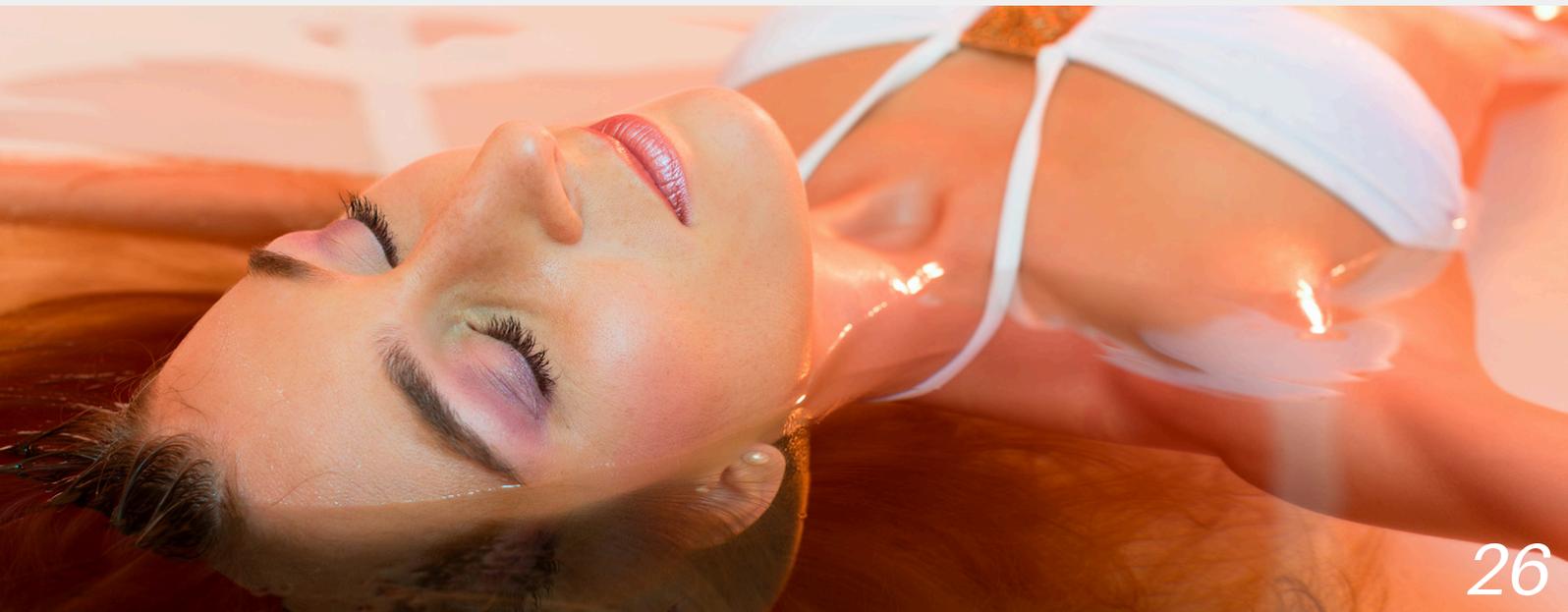
45-60-minute sessions weekly or biweekly in Epsom-salt-filled isolation tanks.

Insight

Shown to lower cortisol and support mindfulness, mental clarity, and sleep quality.

Precautions

Avoid use with open wounds or active skin conditions.



Shiftwave

EFFECTIVENESS: 3
PRACTICALITY: 1

 **SPECIALTY**

Objective

Enhance lymphatic flow and neuromuscular relaxation through rhythmic pneumatic vibration.

Implementation

10–30-minute sessions post-training or as a standalone recovery modality.

Insight

Combines circulation and vagal stimulation, promoting recovery and relaxation.

Precautions

Avoid over acute injuries or sensitive regions.



Continue Your Legacy

Recovery is not a luxury — it's the foundation of performance longevity.

Whether you're an athlete, entrepreneur, or high performer, your ability to recover determines your ability to grow.

The Recovery ROI Index was created to help you take ownership by blending data, discipline, and self-awareness into a lifestyle that lasts.

Next Steps:

- Revisit the Recovery ROI Index quarterly to adjust for travel, or stress.
- Continue integrating tools that align with your physiology and schedule.
- Explore advanced recovery strategies and personalized optimization through the Legacy Membership - ***the world's most complete regenerative performance experience.***

Want to Learn More?



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Finding Small Wins podcast

Thank You

