

Injuries & Setbacks

- be an active participant in your recovery -

INJURY PHASES

Pre-Injury

Stress management, self-esteem levels, muscle development, and levels of risk-taking behavior can be adjusted or improved to 1) help prevent risk of injury scenarios, and 2) prepare to cope with an injury once it occurs.

During Injury

Common emotions that come up while injured include denial, anger, fear of re-injury, isolation, mood swings, fatalistic thinking, and overall loss of athletic identity.

Post-Injury

Factors that affect how well you can re-integrate into your sport/activity or other areas of life include social support, pain tolerance, athletic identity, performance expectations, and desire.

PSYCHOLOGICAL INTERVENTION STRATEGIES



Goal-Setting

Set **S.M.A.R.T** goals.

Just as it does for performance, setting goals can provide direction, focus, and an improvement in confidence and self-efficacy through goal accomplishment.



Imagery

Imagine the body

healing and subsequent athletic performance.

Positive remedial imagery can accelerate recovery, improve technical skills, and help you anticipate emotions that may come up during the recovery process.



Relaxation

Breathe in, breathe out

Relaxation strategies can help improve pain tolerance, relieve stress, and control energy levels. Deep breathing can refocus the mind on the present, as well as lower heart rate and blood pressure.



Self-Talk

Negative self-talk is inevitable

Positive/productive self-talk helps reframe negative thoughts. Practice thought stoppage when negative thoughts arise, question the reality of your narrative, and then strive to practice productive self-talk that locks in on the process.



Social Support

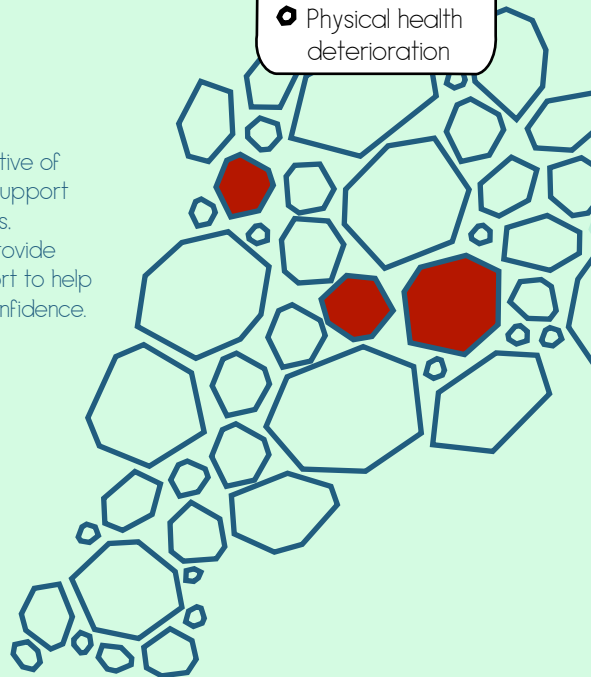
Stay connected

Personal motivation is often derivative of the motivation from those in your support network. Family, friends, teammates, coaches, and medical staff can provide emotional and informational support to help decrease anxiety and improve confidence.

Common Effects of an Injury

- Anger
- Pain
- Tension
- Anxiety
- Fear of re-injury
- Depression
- Loss of identity
- Decreased self-esteem
- Physical health deterioration

of an injury



So, are you ready to start playing again?

1 FEAR OF RE-INJURY

Anxiety can lead to performance hindrance, and actually increase the chances of getting injured again.

2 INABILITY TO PERFORM

You may be unable to immediately return to pre-injury performance standards due to physical fitness loss, improvement of athlete's around you, or the severity of the injury.

CONSIDERATIONS

3 SHIFT IN ATHLETIC IDENTITY

The original vision or version of your athletic trajectory may have been altered due to the injury.

4 PRESSURE

Pressure from self, coaches, teammates, family, or community can either positively or negatively affect your return to sport.

QUICK TIP: Trust the Process

Learn about your injury. Information and understanding helps reduce uncertainty and allows you to set realistic expectations. You will likely be eager to start performing before you're mentally or physically ready. Returning too soon could slow the process or even lead to re-injury.

**Trust the process:
Develop a recovery plan and stick to it.**