Precursors to Sport Injury

Physical Factors
- Poor conditioning
- Age
- Experience
- Muscle Imbalance
- Overtraining
- Previous Injury

Environmental Factors
- Equipment
- Field
- Weather
- Officiating
- Coaching styles
Precursors to Sport Injury

Sociocultural Factors

Sport Ethic - belief system, or attitude of what it is to be an athlete

- Athletes make sacrifice for the sport
  For the good of the team
- Unwillingness to seek medical treatment
  Are you hurt or are you injured
- Most athletes accept pain & risk of injury
  No Pain – No Gain
- Most athletes will push past normal limits
  Part of the game
Precursors to Sport Injury

Psychological Factors

- Personality
  - Perfectionist
  - Type A
  - Risk taker

- History of Stressors
  - Major life events
  - Chronic daily problems
  - Previous experience with injury

- Coping Resources
  - Social Support
  - Coping Skills

- Stress Response
  - Anxiety
Athletic Injuries

All athletes need to be ready to play physically and mentally.

All athletes are different and deal with injury in their own unique way.
Athletic Injuries

Do not allow athlete to return to competition prematurely – it can lead to:

- Reinjury - injury another body part
- Decrease confidence
- Decrease performance
- Possibility of depression
Psychological Effects of Long term Athletic Injury

Shock
Disbelief
Denial
Anger
Depression
Anxiety
Bargaining
Acceptance
Resignation
Emotional Responses to Injury

Athletic Neurosis – Identity Loss

- How do define oneself without sport
- Loss of self
- Loss of starting position
- Loss of scholarship
- Lost opportunities
- Regrets about unmet goals
Emotional Responses to Injury

Separation & Loneliness:
- Loss of Friendships - decrease social interaction with teammates
- Feelings of letting coach, parents, teammates down
- What to do with unstructured time

Fear & Anxiety
- Uncertain future
- Pain and discomfort from injury
- Sense of invulnerability
- Loss of confidence
Warning Signs of Poor Adjustment to Sport Injury

- Evidence of anger, depression, confusion, apathy
- Violent mood swings
- Obsession with whether they will ever play again
- Denial – extraordinary effort to convince others that injury does not matter
- History of going back to play too quickly
Warning Signs of Poor Adjustment to Sport Injury

- Exaggerated story telling about sport accomplishments
- Dwelling on minor somatic complaints
- Dependence on athletic trainers
- Withdrawal from team, coach, friends, family
- Statements of helplessness

**** If have these signs need to see professional for help
Factors that Influence the Comeback

Type of sport

What Part of Season

Secondary Gain

Level of Competition

Personal Variables

Adhere to Rehab

Program
Factors that Influence the Comeback

- Duration of Season
- Amount of Playing team
- Team / Individual Record
- Player age / Career State
- Support System
- Nature of injury / Severity
- Previous Injury
Psychological Treatments for Athletic Injuries

- Rapport Building
- Education of injury
- Goal Setting
- Imagery
- Good Communication
- Self Talk
- Vicarious Experiences
- Learn Coping skills
THANK YOU!

COMMENTS

CONCERNS

QUESTIONS