The Psychological Responses To Injury In An Athlete: Suggested Treatment Plan for Athletic Trainers and Physical Therapist

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https://www.snotherlyinsuranceagency.com/workers-compensation-insurance.html
Purpose

• Identify mental health issues that injured athletes encounter.

• Also to explore the role physical therapists and athletic trainers have on injured athletes.

• In conclusion, there will be a suggested treatment plan for physical therapists and athletic trainers to follow while working with an injured athlete that may have mental health issues associated with their injury.
Introduction

According to NCAA’s Sports Science Institute (Putukian, 2017), common psychological responses to injury include:

- Mental health issues
- Depression
- Anxiety
- Disordered eating
- Substance abuse
- Feelings of sadness, isolation, anger, and stress

https://blogs.canterbury.ac.uk/expertcomment/mental-health-in-elite-athletes-can-we-kick-mental-illness-into-touch-please/
Introduction continued

Important to understand the role of sports in the life of an athlete.

- Identity
- Emotional attachment
- Self esteem
- Cope with stress

What role do physical therapists and athletic trainers play when sports are taken away from an athlete?
Research and Studies

1. Psychological issues involved with injured athletes

2. Impact of Emotional and Social Support on Injured Athletes

3. Techniques Physical Therapists and Athletic Trainers Can Use to Support Injured Athletes

4. Treatment Guide On Working With Injured Athletes:

http://udefeatedsportpsych.com/injuries-and-mental-health/
Psychological issues involved with injured athletes


3. The last by Tracey, McAllister, Bleecker, Heiden, and Jingzhen (2015) examined how much fear an athlete has on returning to sport after an injury.
Psychological issues involved with injured athletes

Results of by Tracey, J. (2003) study:

- After the initial injury participants reported having a wide range of emotions.
- Participants explained that talking with someone was helpful.
- As participants got closer to returning to sport they begin to feel a sense of freedom, less tension and more confidence.
Psychological issues involved with injured athletes

Results of Ruddock-Hudson M., O’Halloran P., Murphy G. (2014) study:

- Researchers found five themes:
- Found that regardless of injury the initial reaction was negative.
- Participants reported that it was a long and lonely recovery process, and felt the most depressed they have ever felt.
- Reported that staying involved with other things kept their minds off of their injury.
Psychological issues involved with injured athletes

Results of Tracey, McAllister, Bleecker, Heiden, and Jingzhen (2015) study:

- They found that 36% of the participants reported having at least a little fear, and 15% had moderate fear, and 7% had extreme fear.
- Researchers also found that the more severe the injury was, the greater their fear was.
Impact of Emotional and Social Support on Injured Athletes

1. A cross sectional study by Lu and Hsu (2013), measured many factors influencing injured athletes subjective well being. They also further looked at the interaction between their hope and social support.


Impact of Emotional and Social Support on Injured Athletes

Results of Lu and Hsu (2013) study:

- The effects of hope and social support were substantial, it predicted their mental well being with only a 4% variance.

- Those with low hope had more of a reliance of their social support.
Impact of Emotional and Social Support on Injured Athletes

Results of Tracey, J. (2003) study:

- Researchers broke psychological recovery into three categories:
  - Rapport building
  - Educating
  - Communicating

Figure 1 - Model depicting the raw data themes, second-order themes, and general dimensions.
Impact of Emotional and Social Support on Injured Athletes


• Found that athletes social support patterns changed after being injured.

• They reported that after becoming injured they relied more on coaches and health care providers for support, and had a greater injury satisfaction because of it.
Techniques Physical Therapists and Athletic Trainers Can Use to Support Injured Athletes

1. The first study by Zakrajsek, R. A., Fisher, L. A., & Martin, S. B. (2016) was to help trainers understand and use phycology in their practice.

2. Another study by Evans, L., & Hardy, L. (2002) determined if goal setting might play an important role in the rehabilitation in injured athletes.

3. The third article: Psychological Issues Related to Injury in Athletes and the Team Physician (2006) is a consensus statement put together by an expert panel of medical doctors and doctors of physical therapy.
Techniques Physical Therapists and Athletic Trainers Can Use to Support Injured Athletes


- Reported that first its important that trainers recognize common challenges faced during injuries.
- Its important for trainers to have a good therapeutic alliance with their athletes.
- Must normalize the recovery process, set goals, intentional focus, and connect rehabilitation to game like skills
Techniques Physical Therapists and Athletic Trainers Can Use to Support Injured Athletes

Results of the third article:

- Showed that the use of goal setting in rehabilitation is significant.
- Goal setting group reported to have a higher self-efficacy than the other two groups.
Techniques Physical Therapists and Athletic Trainers Can Use to Support Injured Athletes

• Its essential that health providers first recognize that psychological factors play a role in sports injuries, and is problematic in the recovery process.

• Develop strategies to combat these factors.

1) Build a good therapeutic alliance.

2) Educate the athlete on their injury.

3) Educate the athlete on the recovery process.

4) Encourage and educate the athlete on different coping skills to use for stress involving the injury.
Treatment guide on working with injured athletes

- Physical therapist and athletic trainers should empathize with the individual in regards to their injury.
- Address and normalize the psychological effects that may come along with injury.
- Educate the athlete on signs and symptoms of depression and serious problems.
- Provide motivation.
- Provide different coping techniques to use when feeling down and stressed about the injury.
Conclusion

- Injuries effect all areas of an athletes life.

- Support from athletic trainers and physical therapists are very important in helping lessen the impact of an athlete’s response to injury.

- Further research

https://www.google.com/url?sa=i&source=images&cd=&ved=2ahUKEwjc9ywbr-XtAhXq770IHejQCG4QjwUoAXoECAQ&usg=AOvVaw13fcu6GPVjmMNg7zr tpliq=AOvVaw13fcu6GPVjmMNg7zr tpblsig=AOvVaw13fcu6GPVjmMNg7zr tp
References


Lu and Hsu (2013) Injured Athletes' Rehabilitation Beliefs and Subjective Well-Being: The Contribution of Hope and Social Support.


References


References


Thank you!