Psychological Rehabilitation of the Injured Athlete

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Psychological Rehabilitation of the Injured Athlete

A TEAM APPROACH
WHAT DO WE KNOW ABOUT THE CROSS COUNTRY/TRACK AND FIELD ATHLETE?

REGULARLY ENGAGED  CONSISTENT
TRAIN DAILY  PERSISTENT
SELF MOTIVATED  OBSESSIVE
HIGHLY MOTIVATED  RELENTLESS
SELF-DISCIPLINE  STUBBORN
PERFECTIONISTIC  SELF-CRITICAL
ORGANIZED  REGIMENTED
ATHLETES’ IDENTITY

THROWER
SPRINTER
VAULTER
MULTI
JUMPER
RUNNER
THE RESPONSE:

- Evaluation
- Treatment
- Referral
- Diagnosis
- Prognosis
- Rehabilitation
- Re-entry

Physical
Maslow’s Hierarchy of Needs

- Subsistence
- Safety
- Self Worth
- Self-Actualization
SELF-WORTH

Competence

Achievement

Acceptance
Kübler-Ross Model

- Denial
- Anger
- Bargaining
- Depression
- Acceptance
Psycho-Emotional Responses to Injury

WORTHLESS
IDENTITY LOSS
SHAME
CAUTIOUS
RELIEVED
FEAR
ISOLATION
EMPTINESS
CONFUSED
ANGER
HOSTILE
FRUSTRATION
DENIAL
HELPLESS
BLAME
SELFISH
Psychological Rehabilitation of the Injured Athlete

THE MODEL
Psychological Rehabilitation of the Injured Athlete

STAGE 1: ACCEPTANCE

FOCUS: GREAT COMMUNICATION

STAGE 2: ENGAGEMENT

FOCUS: DO THE REHAB

STAGE 3: RE-ENTRY

FOCUS: BE A PLAYER
FOCUS

GREAT COMMUNICATION
1. DEAL WITH REALITY
2. ESTABLISH EMOTIONAL STABILITY
3. BUILD STRONG RELATIONSHIPS
FOCUS
DO THE REHAB
STAGE TWO

ENGAGEMENT

1. FULL PERSONAL ENGAGEMENT IN THE REHAB PROGRAM

2. ESTABLISH SHORT TERM GOALS RELATED TO REHAB

3. BRING YOUR BEST FOCUS TO REHAB TODAY – EVERYDAY!
Rehab Example #1 (Daily)

DIRECT ONE-ON-ONE CONTACT

EXERCISES

REMINDER NOTES: GIVES CONTROL AND ACCOUNTABILITY
Rehab Example #2 (Weekly)

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>MHP</td>
<td>10’</td>
<td>10’</td>
<td>10’</td>
<td>10’</td>
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<tr>
<td>Stretch</td>
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<tr>
<td>Massage</td>
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<tr>
<td>SLR</td>
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<td></td>
<td>3x12/5#</td>
<td></td>
<td>3x15/5#</td>
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<tr>
<td>Step-ups</td>
<td></td>
<td>3x20</td>
<td></td>
<td>3x20</td>
<td></td>
</tr>
<tr>
<td>Calf raises</td>
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<td></td>
<td>2x12</td>
<td></td>
<td>2x15</td>
</tr>
<tr>
<td>Ice w/ EMS</td>
<td>15’</td>
<td>15’</td>
<td>15’</td>
<td>15’</td>
<td>15’</td>
</tr>
</tbody>
</table>

Notes: ____________________________________________________________

Goals: Maintain ROM, decrease swelling

Affirmations: Great job, excited to see your progress, keep it up! ☺
FOCUS
BE A PLAYER
1. IMPLEMENT MENTAL REHEARSAL/IMAGERY

2. SYSTEMATIC DESENSITIZATION AND SUCCESIVE APPROXIMATIONS

3. BUILD TRUST AND CONFIDENCE
Communication Process

- Athlete
- Strength and Conditioning
- Athletic Training Student
- Coach
- Physician
- Sport Psychologist
- Parents

Athletic Trainer
Communication Process

Athletic Trainer

Athlete

Coach

Parents

Sport Psychologist

Athletic Training Student

Strength and Conditioning
Communication Process

Athletic Trainer

- Athlete
- Coach
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Athlete

Strength and Conditioning

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Parents

Coach
Communication Process

Athlete

Athletic Trainer

Coach
Communication Process

- Athlete
- Athletic Trainer
- Coach
SUMMARY

ACCEPTANCE

ENGAGEMENT

RE-ENTRY
SELF-WORTH

Acceptance

Competence

Achievement
Maslow’s Hierarchy of Needs

- Self-Actualization
- Self Worth
- Safety
- Sustenance
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Questions