

Psychological Rehabilitation of the Injured Athlete

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Psychological Rehabilitation of the Injured Athlete

A TEAM APPROACH

Psychological Rehabilitation of the Injured Athlete

ATHLETE

**WHAT'S THE MOST
IMPORTANT WORD HERE?**

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

REGULARLY ENGAGED

CONSISTENT

TRAIN DAILY

PERSISTENT

OBSESSIVE

SELF MOTIVATED

RELENTLESS

HIGHLY MOTIVATED

STUBBORN

SELF-DISCIPLINE

ORGANIZED

SELF-CRITICAL

PERFECTIONISTIC

REGIMENTED

ATHLETES' IDENTITY

THROWER

SPRINTER

VAULTER

MULTI

JUMPER

RUNNER

THE PROBLEM



PHYSICAL

THE RESPONSE:

EVALUATION

TREATMENT

REFERRAL

DIAGNOSIS

PROGNOSIS

REHABILITATION

RE-ENTRY

Maslow's Hierarchy of Needs



SELF-WORTH



Competence



Achievement



Acceptance

SHATTERED

Kübler-Ross Model

Denial

Anger

Bargaining

Depression

Acceptance



Psycho-Emotional Reponses to Injury

WORTHLESS
CAUTIOUS
SHAME
RELIEVED
IDENTITY LOSS
FEAR
ISOLATION
EMPTINESS
ANGER
FRUSTRATION
CONFUSED
DENIAL
HOSTILE
BLAME
SELFISH
HELPLESS

**A TEAM
APPROACH**

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THE MODEL

**A TEAM
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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

STAGE ONE

ACCEPTANCE

- 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)

Name @knee 12/1/10

MHP x 10'

assisted Stretch

massage (see me)

SLR 3x10 - 5#

calf raises 2x10

Ice w/EMS x 15'

Practice this afternoon
remember to modify.

Lift see coaches

Tomorrow 1pm TX

DIRECT ONE-ON-ONE CONTACT

EXERCISES

REMINDER NOTES: GIVES CONTROL
AND ACCOUNTABILITY

Rehab Example #2 (Weekly)

Treatment	Monday	Tuesday	Wed	Thursday	Friday
MHP	10'	10'	10'	10'	10'
Stretch	x	x	x	x	x
Massage	x	x	x	x	x
SLR	3x10/5#		3x12/5#		3x15/5#
Step-ups		3x20		3x20	
Calf raises	2x10		2x12		2x15
Ice w/ EMS	15'	15'	15'	15'	15'

Notes: _____

Goals: Maintain ROM, decrease swelling

Affirmations: Great job, excited to see your progress, keep it up! 😊



FOCUS

BE A PLAYER

STAGE THREE

RE-ENTRY

1. IMPLEMENT MENTAL REHEARSAL/IMAGERY
2. SYSTEMATIC DESENSITIZATION AND SUCCESSIVE APPROXIMATIONS
3. BUILD TRUST AND CONFIDENCE

Communication Process



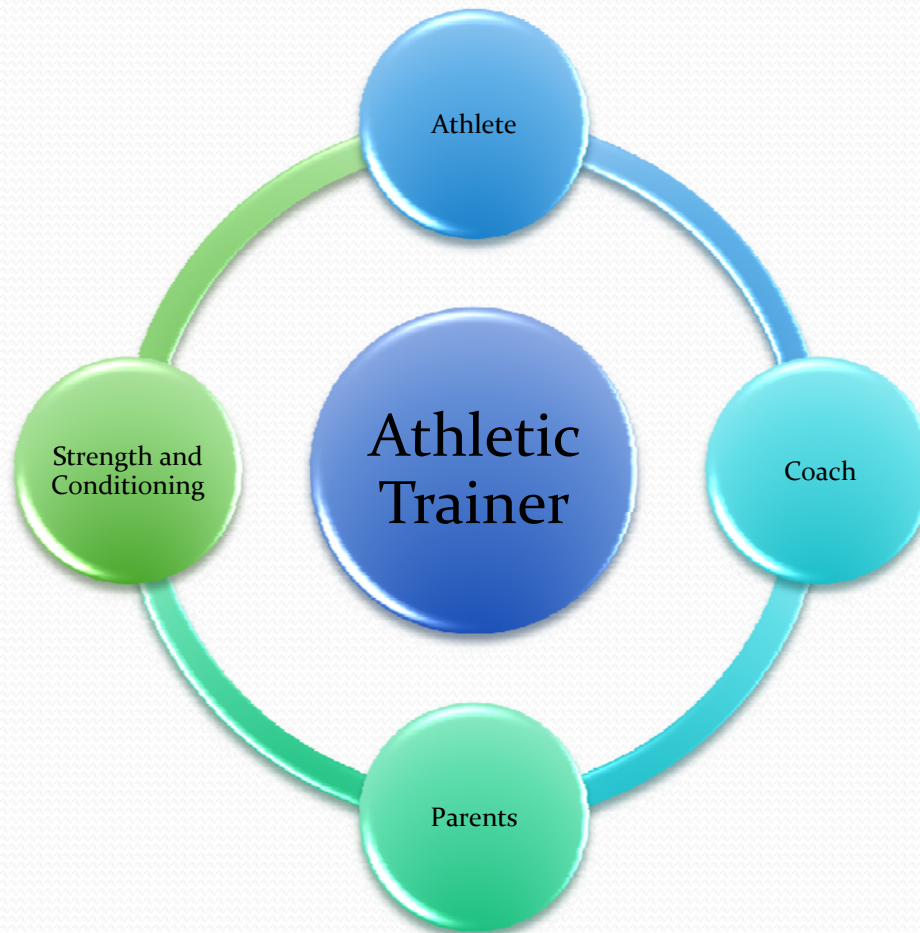
Communication Process



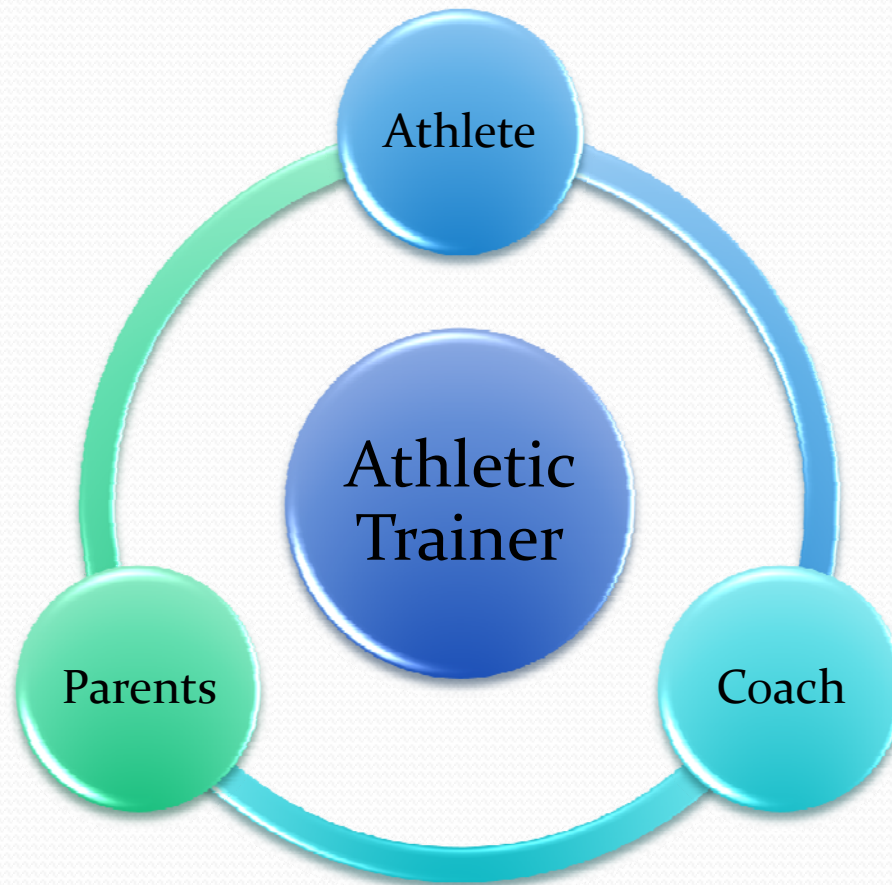
Communication Process



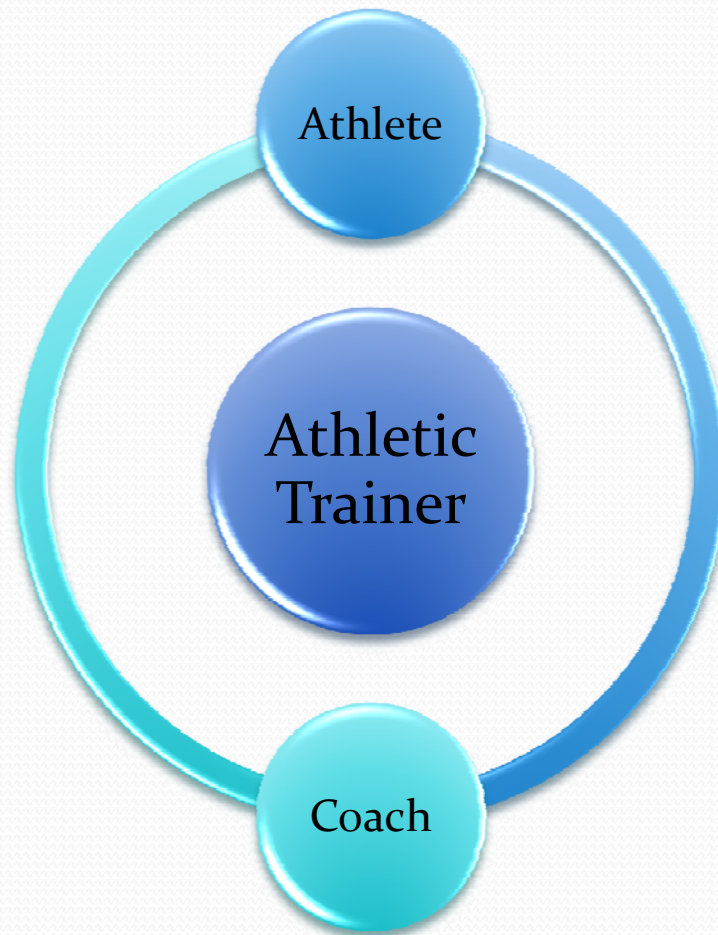
Communication Process



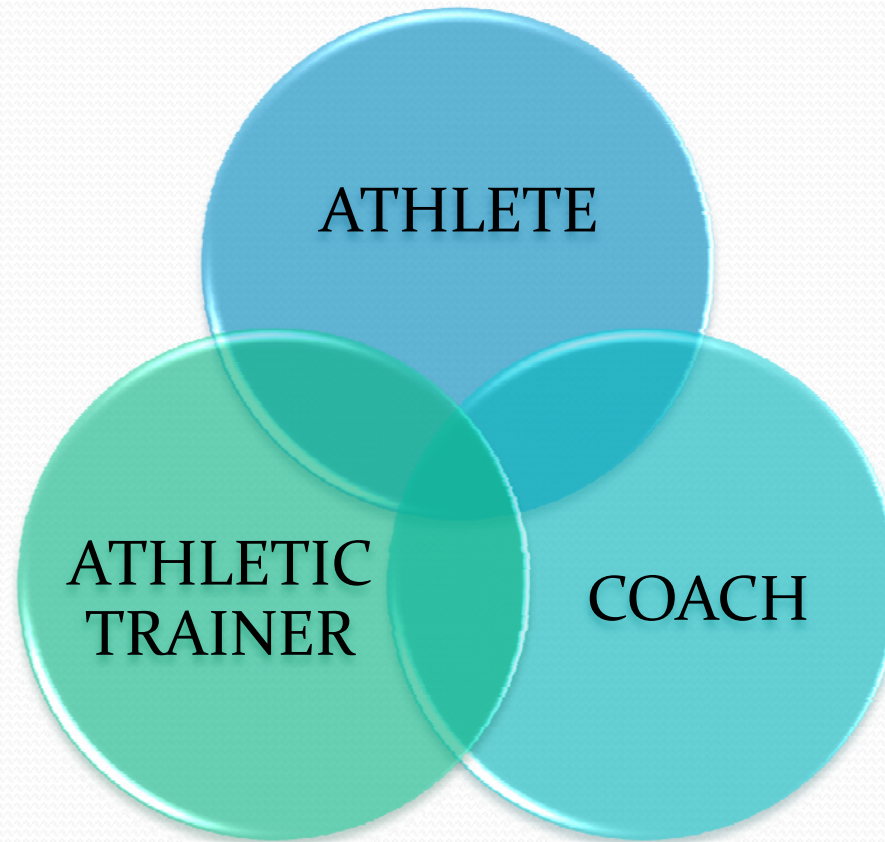
Communication Process



Communication Process



Communication Process



SUMMARY

ACCEPTANCE

ENGAGEMENT

RE-ENTRY

SELF-WORTH



Acceptance



Competence



Achievement

Maslow's Hierarchy of Needs



SUCCESS



SELF-ACTUALIZATION

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Questions

