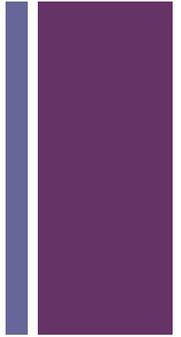




PERFORMANCE
IN MIND

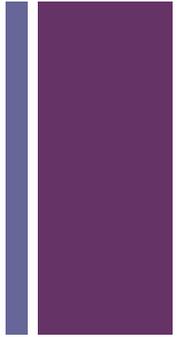
Injury: Coping effectively and recovering well
A masterclass for age group triathletes

+ What you should learn by the end



- Why this is an important area to understand and why athletes react in the way that they do to injuries.
- Strategies and tactics which researchers have found to be effective in helping athletes cope with injury and, in some cases, recover quicker.
- A few tools you can use to help you cope better with your injury and recover faster.

+ Why it is important to consider injury impact



Injuries are almost inevitable...

- Perfect sporting phenotype is only 1 in 20,000,000!
- Nearly 400,000 people a year in UK get a sports injury

...particularly in endurance sports...

- High injury sport with lots of opportunities to get hurt: including repetition injuries and accidents, particularly on the bike.
- Shoulder pain in swimming population is as high as 91%.
- Endurance athletes get injured on average every 17 months and 92% have been injured at least once in the last five years.

...and some athletes more susceptible to injury than others due to levels of stress, personality traits, coping resources or social support.

+ The average endurance athlete

40

Male

Competing for 8 years, 9 months.

Trains for duathlon or triathlon

Trains for 9:42 hours a week

Completes 1 hour of S&C a week



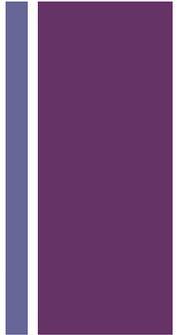
+ Injury in Triathlon

Average athlete get injured every 17 months
92% injured at least once in the last 5 years
57% missed a competition due to an injury
36% did not rest for as long as they were advised to

Most serious injury caused by:
Accident (25%)
Immediate pain (18%)
An ignored niggle (56%)



+ Reactions to injury



Depression
Distress **LOSS** self-esteem
Helplessness stress **Anger** Emotional disturbances
athletic over **Unfairness** confidence
support Sadness Decreased being initial Feelings
Behavioural Denial **Grief** **Guilt** social
Mood Wishful **Excitement**
able disengagement venting
stages work thinking Losing identity
networks injury **Excitement**

Relief
Physical
Psychological
Personal growth
development Interest
Joy Technical
performance Hopeful
Optimistic
enhancement

Frustration
Discouragement

Excitement



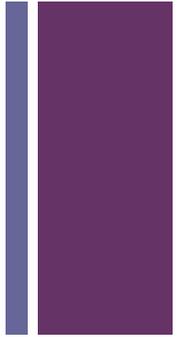
Immediately after injury

Rehabilitation

Towards full recovery



+ How can athletes recover better...



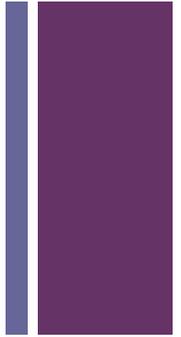
Self-Determination Theory (Deci & Ryan, 2000)

Athletes are motivated to satisfy three needs:

- To feel competent
- To feel autonomous
- To feel socially connected

Athletes with all of these have a greater motivation and stick to their exercise / rehabilitation plans more.

+ Why it is important to understand psychological elements of injury



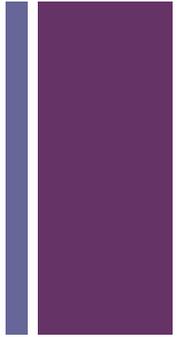
An athlete's perspective on their injury will impact how well they cope and, in some cases, how quickly they recover. Those who do best:

- Have a positive attitude & outlook, intrinsic motivation, a high internal health locus of control, high self-efficacy and a low fear of re-injury
- Show a willingness to listen and learn about the injury and rehabilitation techniques
- Are dedicated towards their to rehabilitation and exercises
- Have good strong levels of social support
- See re-injury anxiety as facilitative

+ To identify how well you will be able to deal with your injury...

- Psychological Responses to Sport Injury Inventory (PRSII) (Evans, Hardy, Mitchell & Rees, 2008)
- Re-Injury Anxiety Inventory (RIAI) (Walker, Thatcher & Lavalley, 2010)
- Modified Coping Strategies in Sport Competition Inventory (MCOPE) (Crocker & Graham, 1995)
- Return to Sport After Serious Injury Questionnaire (RSSIQ) (Podlog & Eklund, 2005).
- Sports Injury Rehabilitation Beliefs Survey (SIRBS) (Taylor & May, 1996)

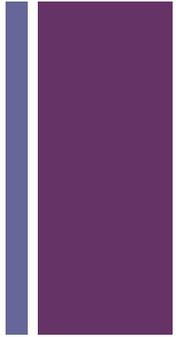
+ Use the time off from training proactively



Reoccurring injuries have been found to take 10 days longer to heal than first time injuries - learning how to prevent them is valuable.

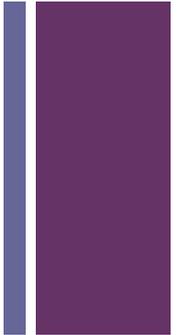
Injured athletes' physical rehabilitation can be enhanced with the incorporation of psychological skills and techniques – athletes will benefit from using the time they are off from training to learn physical and psychological techniques to speed up current recovery and reduce chances of future injury through.

+ Psychological strategies to help you cope better with injury



- Acknowledge the injury – write down how you feel about it. This will speed you through the grieving process.
- Stress increases injury risk - identify your main stressors. Think about ways to reduce these to reduce your chance of re-injury.
- Use your time off to learn physical and psychological techniques to speed up your recovery and reduce your chances of future injury – many skills will be valuable including learning:
 - Imagery skills
 - Associative thinking
 - Goal setting
 - Positive self-talk

+ Benefits of using psychological strategies when injured



Improves mood

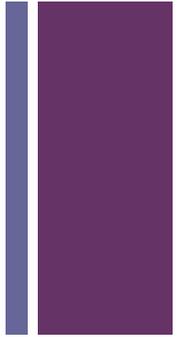
Increases your confidence

Helps you cope better

Decreases pain

Reduces anxiety

+ Create a recovery plan



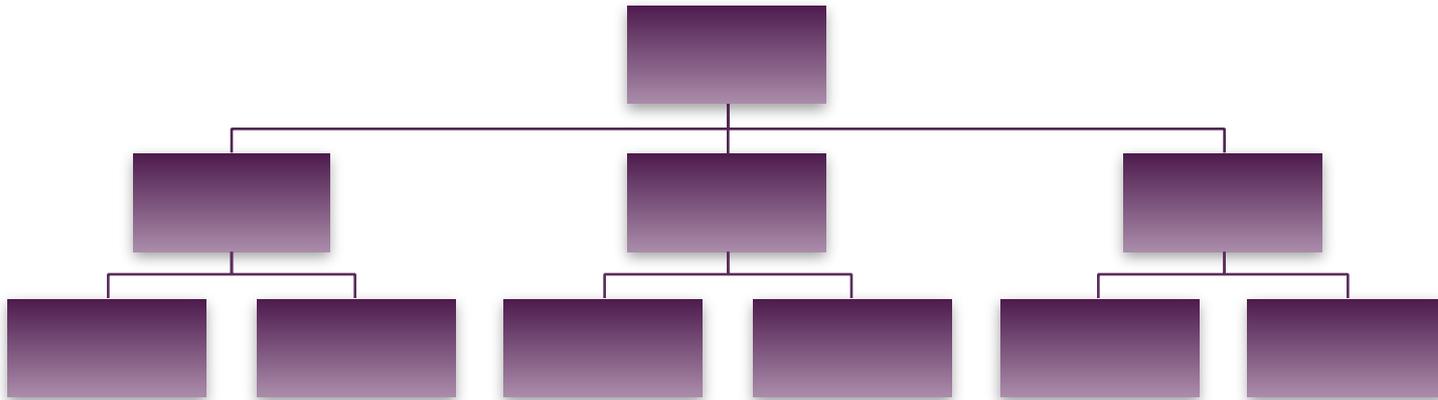
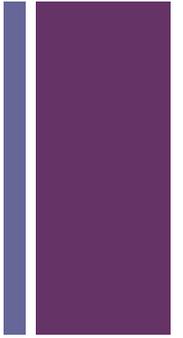
Just as you will follow a training plan when you are healthy, creating a recovery plan when you are injured will have a number of benefits:

- Setting out the goals you want to achieve
- Ensuring you complete activities which will help you recover quickly:
 - Keeping you on track with rehabilitation exercises
 - Keeping you proactive and positive
 - Learning good physical technique
 - Refreshing your social support networks
 - Learning mental skill techniques

+ Example of goals for your recovery plan



+ Create your own goals for your recovery plan



+ Reduce your stressors

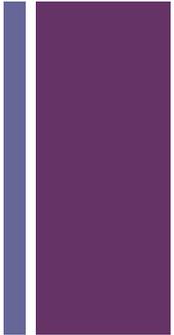
Stressors have been found to have an impact on your likelihood of injury and re-injury.

You can use your time off training to identify some of the key things which cause you stress and work out which ones you can minimise.

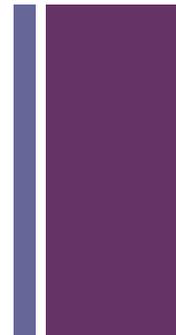
Look through the Hassles Scale (DeLongis, Folkman & Lazarus, 1988) and write down all those which impact on you and your life.

Consider which ones you could do something about to reduce their impact.

+ Identifying your stressors



Hassle (example)	Score from: 0 (does not apply) to	If high - what could I do to minimise it?
<i>Housework</i>		
<i>Your health & medical care</i>		
<i>Your physical abilities</i>		
<i>The weather</i>		
<i>News events</i>		



Any questions?

Contact

Josephineperry@googlemail.com