



# Coping With Sports Injuries

**Monna Arvinen-Barrow, Natalie Walker**



## **Coping With Sports Injuries:**

*Coping with Sports Injuries* Jane Crossman, 2001 *Coping with Sports Injuries* is unique in examining the way in which an athlete can be psychologically affected by injury and how they can be fully rehabilitated. It will be invaluable in helping sports physicians and physiotherapists understand the psychological nature of injury and help them by providing practical strategies for rehabilitation.

**Coping with Sports Injuries** Jane Crossman, 2023 [Coping with Sports Injuries](#) Lawrence Clayton (Ph. D.), Betty Sharon Smith, 1992 Discusses different kinds of sports injuries and how to deal with them physically and psychologically [Psychology of Sport Injury](#) Brewer, Britton W., Redmond, Charles, 2016-11-02 Written by a sport psychology consultant and an athletic trainer *Psychology of Sport Injury* provides a thorough explanation of the elements and effects of sport injuries along with up to date research and insights for practical application.

**Coping with Sports-related Injuries** Judith E. Clark, 1990 [The Relationship Between Behaviour Patterns, Coping and Sports Injuries \[microform\]](#) Sarah L. Gee, 2002 **Psychosocial Aspects of Sport Injury** Douglas M Robinson, 2023-08-30 When examining the psychosocial aspects of sports injuries we delve into the intricate interplay between psychological and social factors that shape an individual's experience and coping mechanisms following an injury sustained during sports participation. These aspects encompass a wide range of emotional, cognitive, and social dimensions, each of which contributes significantly to the overall mental well-being of the injured athlete. The mental and emotional impact of sports injuries is a multi-faceted phenomenon. Emotionally, athletes often undergo a rollercoaster of feelings including shock, anger, frustration, sadness, and even anxiety about their future in the sport. The abrupt disruption of their training routines and the uncertainty about the recovery timeline can trigger these emotional responses. Moreover, athletes might grapple with a sense of loss, not just in terms of physical ability but also a loss of identity and purpose linked to their sporting endeavors. Cognitively, the mental processes of an injured athlete are influenced by various factors. Negative thought patterns such as catastrophizing the injury or fixating on worst-case scenarios can lead to increased emotional distress. Conversely, adopting a positive mindset and practicing mental skills like visualization, goal setting, and mindfulness can facilitate better coping and enhance the rehabilitation process. From a social perspective, sports injuries can impact an athlete's social interactions and support networks. They may experience changes in their relationships with coaches, teammates, and friends as their absence from training and competitions alters their usual roles and dynamics within the sporting community. Social support from these sources, as well as from family and healthcare professionals, plays a pivotal role in buffering against the detrimental psychological effects of the injury. Rehabilitation and recovery are crucial phases where psychosocial factors come into play. Athletes who receive comprehensive support that addresses not only the physical aspects of healing but also the emotional and psychological components tend to exhibit better recovery outcomes. Psychological interventions such as cognitive behavioral therapy, sports counseling, and peer mentoring can equip athletes with coping strategies, resilience, and a renewed

sense of purpose during their recovery journey In conclusion the psychosocial aspects of sports injuries unveil a complex web of emotions thoughts and social dynamics that significantly influence an athlete s mental and emotional well being By acknowledging and addressing these dimensions athletes coaches and healthcare professionals can collaboratively foster a more holistic approach to injury management ultimately aiding in the athlete s successful recovery and reintegration into the world of sports

*The Psychology of Sports Injury* Adam Gledhill,Dale Forsdyke,2021-03-24 The Psychology of Sports Injury From Risk to Retirement provides a critical overview of the psychology of sports injury covering the 5Rs of sports injury risk response rehabilitation return to sport and retirement Drawing on a range of expert international perspectives from the fields of sport psychology and sport and exercise medicine The Psychology of Sports Injury covers the psychological considerations associated with sports injuries prior to the onset of injury through to supporting athletes with post injury retirement In addition to this injury lifespan perspective the book features special interest topics including anterior cruciate ligament injury sport related concussion spinal cord injury and the role of coaches in achieving athlete and team medical outcomes Additionally case studies provide the opportunity to apply learning from each chapter By covering the sports injury journey from risk factors to retirement and including athlete mental health during sports injury The Psychology of Sports Injury is an essential text for students instructors and practitioners in sports psychology sport and exercise medicine and other related fields

DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller,Stephen R. Thompson,2018-12-20 Indispensable for both surgeons and sports medicine physicians DeLee Drez a streamlined organization for quick reference in depth coverage of arthroscopic techniques extensive references levels of evidence at the end of each chapter and Author s Preferred Technique sections Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

*Sports Injuries* Jacqueline Langwith,2014-03-14 Sports related injuries happen 3 5 million times each year but that doesn t stop us from enjoying our athletic pastimes This guidebook provides essential information on sports injuries but also serves as a historical survey by providing information on the controversies surrounding its causes and first person narratives by people coping with sports injuries Patients family members or caregivers explain the condition from their own experience The symptoms causes treatments and cures are explained in detail Essential to anyone trying to learn about diseases and conditions the alternative treatments are explored Student researchers and readers will find this book easily accessible through its careful and conscientious editing and a thorough introduction to each essay Includes charts graphs and tables

Handbook of Sport Psychology Gershon Tenenbaum,Robert C. Eklund,2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport

psychology     Psychological Bases of Sport Injuries David Pargman,1999 Athletic trainers physical therapists psychological consultants coaches and physicians as well as athletes themselves will benefit from the completely revised updated and expanded second edition of this pioneering text Seasoned experts in the field contribute to chapters which collectively express the depth and breadth of the psychology of athletic injury     *Benched* Various,2016-07-30 Getting injured is no fun Many children dont know what to do if they get hurt playing sports or even what some injuries are This series pairs scientific fact with appropriate images to teach readers vital information about sports injuries such as broken bones concussions and sprained ankles Whether they need to get stitches or are just feeling a bit faint young athletes need to know how to get help and what their body needs to heal properly should they experience an injury After all getting the right treatment for injuries means they can get better quickly and get back on the field     **Science and Soccer** Thomas Reilly,A. Mark Williams,2003 Science and Soccer 2nd edition offers a comprehensive and accessible analysis of the science behind the world s most popular sport and important guidance on how science translates into practice     *Benched* Gareth Stevens Publishing,2016-07-15 Getting injured is no fun Many children don t know what to do if they get hurt playing sports or even what some injuries are This series pairs scientific fact with appropriate images to teach readers vital information about sports injuries such as broken bones concussions and sprained ankles Whether they need to get stitches or are just feeling a bit faint young athletes need to know how to get help and what their body needs to heal properly should they experience an injury After all getting the right treatment for injuries means they can get better quickly and get back on the field     *The Psychology of Sport Injury and Rehabilitation* Monna Arvinen-Barrow,Natalie Walker,2013 Athletes routinely use psychological skills and interventions for performance enhancement but perhaps surprisingly not always to assist in recovery from injury This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting to enhance recovery and the well being of the athlete Drawing on the very latest research in sport and exercise psychology this book explores key psychological concepts relating to injury explaining typical psychological responses to injury and psychological aspects of rehabilitation Using case studies in every chapter to highlight the day to day reality of working with injured athletes it introduces a series of practical interventions skills and techniques underpinned by an evidence base with a full explanation of how each might affect an athlete s recovery from injury *The Psychology of Sport Injury and Rehabilitation* emphasises the importance of an holistic multi disciplinary approach to sports injury and rehabilitation No other book examines the psychological aspects of both sports injury and the rehabilitation process and therefore this is an essential resource for students scholars and practitioners working in sport psychology sports therapy sports medicine or coaching     Coping with Injury and Daily Stressors in University Student Athletes Tiffany Rae Shepherd,2018 While recent research has generated a great deal of useful information about the nature of the stressors facing injured athletes and the coping strategies used during injury rehabilitation few studies have examined the actual

experiences of injured student athletes This study sought to begin to address this gap in the literature by exploring the stress and coping experiences of injured student athletes over the course of their rehabilitation Nine university student athletes with athletic injuries were recruited to complete fourteen consecutive weekly journal entries describing their stressors and coping strategies related to the injury rehabilitation process and other areas of life Five participants three female and two male provided full journal datasets and then completed semi structured interviews after returning to sport Grounded theory methodology was utilized to analyze the journal and interview data Themes arose related to the student athlete lifestyle stressors psychological responses to injury coping strategies and coping effects coping processes and perceived benefits The results are discussed within the context of models of sport injury rehabilitation and previous research on stress and coping with athletic injury The study identified several stressors and coping strategies specific to injured student athletes These include balancing intensive time demands which became further strained with the addition of rehabilitation the effect of the injury on employment and related coping strategies Strengths and limitations of the study are addressed and recommendations for future research are made with respect to this specific population and more generally research on stress and coping with athletic injury Recommendations regarding strategies to support injured student athletes are also offered

### **Experiences of Coping with Injury in Division I Athletes from Low-to-middle Socioeconomic Status**

**Backgrounds** Matthew P. Bejar, 2013 Injuries inevitably occur in any sport at any level The integrated sport injury model is one of the most extensive frameworks to address the psychological responses to athletic injury While this model posits that socioeconomic status SES influences how an athlete cognitively emotionally and behaviorally responds to an injury no research has substantiated this claim Low SES individuals experience an exceptional amount of stress which may complicate how they cope with a negative event The coping strategies employed by an athlete can have major implications on rehabilitation adherence recovery time and psychosocial well being The purpose of this study was to qualitatively examine the experiences of low to middle SES athletes coping with injury Semi structured interviews were conducted with 11 National Collegiate Athletic Association Division I athletes who had sustained recent injuries that lasted at least four weeks A thematic data analysis produced 73 raw data themes and 16 higher order themes which were organized into five general dimensions cognitive appraisals emotional reactions problem focused coping emotion focused coping and avoidance coping While many participants initially reacted with catastrophizing thoughts and negatively toned emotions they employed mostly adaptive forms of coping such as positive reframing and perseverance Generally coaches athletic trainers sport psychology professionals and other individuals should be more cognizant of SES and other related identities when collaborating with injured athletes **Journal of Sport & Exercise Psychology**, 2009 The Effect of Gender and Sport on Coping Mechanisms of Sports Injuries in Collegiate Athletes Jill Ann Day, 2004 The purpose of this study was to examine the differences if any between how men and women cope when experiencing a sports injury as well as any differences between

team sport athletes and individual sport athletes The participants n 37 were given the Brief COPE questionnaire Carver 1997 containing 28 items and 14 different coping scales MANOVA analyses were conducted for each of the 14 scales for both gender and sport Though significance did not result for either of the two analyses the gender MANOVA analysis approached significance and therefore warranted further investigation ANOVA analyses showed that Substance Abuse and Acceptance scales were either at or near significance However since no significance resulted in the original MANOVA analyses it can be concluded that there is no significance difference in the way men and women cope with sports injuries or in the way team sport athletes and individual sport athletes cope

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