Psychological Considerations for Rehabilitation

A. Injury-Prone Athlete

1. The athlete who likes to take risks

2. The athlete who lacks the ability to cope with stress

3. Outside influences

B. Stress-Injury Connection

1. Loss of attentional focus

2. Stress

a. External

b. Internal

ii. Internal

ii. Narrow

ii. Broad

C. Interventions for Stress Reduction

1. Imagery

2. Progressive relaxation techniques

3. Mood States

a. Mood States

b. The stress

i. External

ii. Internal

iii. Broad

1. Family problems

2. Fear of failure

3. Specific pressure

i. Outside influences