### Reaction to Injury

I. **Short-term Injury (<4 weeks)**
   a. Reaction to injury =
   b. Reaction to rehabilitation =
   c. Intervention =
   d. Return to competition =

II. **Long-term Injury (>4 weeks)**
   a. Reaction to injury =
   b. Reaction to rehabilitation =
   c. Intervention =
   d. Return to competition =

III. **Chronic Injury (recurring)**
    a. Reaction to injury =
    b. Reaction to rehabilitation =
    c. Intervention =
    d. Return to competition =

IV. **Career Ending Injury**
   a. Reaction to injury =
   b. Reaction to rehabilitation =
   c. Intervention =
   d. Reaction to recovery =

### Compliance and Adherence to Rehabilitation

I. Adherence –

II. Compliance –
   a. Measurements
   b. Influences
   c. Pain as a deterrent

III. Goal setting

IV. Interpersonal relationship