



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

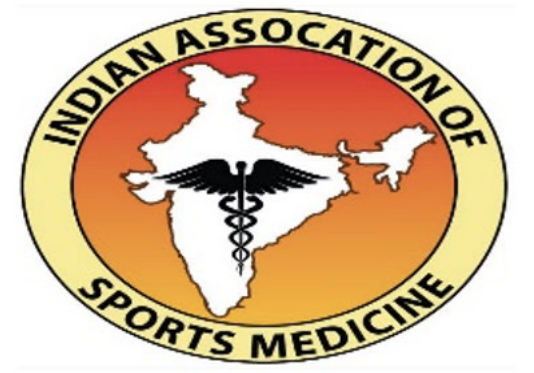
(Category - I Deemed to be University) Porur, Chennai



CSS

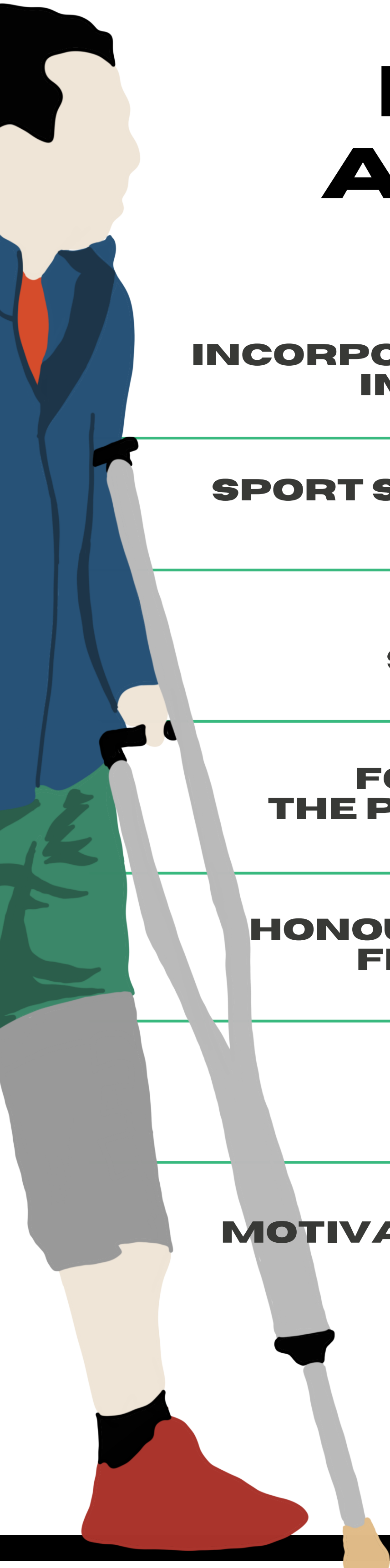
Centre for Sports Science

Crafting Sports Through Science



Sri Ramachandra Faculty of Sports & Exercise Sciences

MENTAL RECOVERY TECHNIQUES FOR RETURN TO PLAY AFTER AN INJURY



INCORPORATING IMAGERY



Athletes could mentally rehearse sport specific skills, plays, strategies, or a series of plays.

SPORT SPECIFIC SKILL



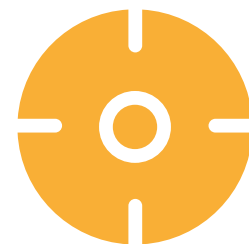
Whenever possible we need to be creative and keep our injured athletes active in their sport, despite the fact they may be immobilized.

GOAL SETTING



The injured athlete should be setting goals on a weekly, if not daily, basis for both rehabilitation skills and the modified sport specific skills.

FOCUS ON THE PRESENT



No matter how you heal, it won't happen tomorrow or the day after. It will happen in the moment, one moment at a time.

HONOUR YOUR FEELINGS



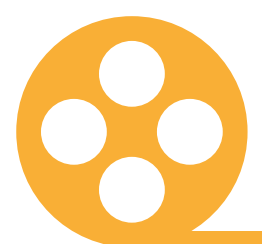
One may experience the 5 stages of grief (denial, anger, bargaining, depression, and acceptance). Recognizing these feelings is the 1st step to managing them, owning them and moving through them.

ACCEPT HELP



No matter how much you've trained or dieted on your own, having a guide, coach or therapist can be a helpful motivator.

MOTIVATIONAL MOVIES



Motivational and inspiring sports movies can motivate athletes and boost their mental energy levels.

REFERENCE

<https://appliedsportpsych.org/resources/injury-rehabilitation/mentally-preparing-athletes-to-return-to-play-following-injury/>

<https://www.henryford.com/blog/2019/06/7-tips-recovery-after-sports-injury>

Moosa Dayyin