



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2021; 6(1): 40-42

© 2021 Yoga

www.theyogicjournal.com

Received: 05-01-2020

Accepted: 12-02-2020

Dr. Rita Bora

Associate Professor,

Department of Physical

Education, ML & JNK Girls

College, Saharanpur,

Uttar Pradesh, India

Exploration study of psychological strategies for faster and speedy injury recovery

Dr. Rita Bora

Abstract

The present research study highlights the psychological tactics and strategies which are very helpful in rehabilitation process, speedy and faster recovering from sports injuries. Sports injuries are very common in nature and usually occur during exercise or while participating in a sport. Player often have to suffer from injuries during the play. For fast recovering from injuries many kind of physical strategies are adopted by the players but it is also important for them to adopt mental strategies side by side. But players often ignore them. This slows the process of recovery mentally as well as physical. The present research study discusses some psychological tactics and strategies which play an important role in the rehabilitation and recovery process of the injured players.

Keywords: Psychological strategies, injury recovery, rehabilitation etc.

Introduction

Today, sports are increasing day by day. Sports and exercise can be very beneficial to health. They can reduce the risk of heart disease, stroke and obesity and help to beat depression. However, sports can also be dangerous especially. If you don't do any adequate warm up or use proper safety equipments.

Injury is an unfortunate fact of every day life, It increases the rate of injuries. Within the context of any project that deals with research is the area of injuries is the central question, what is an injury?

The term sports injury refers to the kinds of injuries that commonly occur during sport or exercise. The concept of "danger" in sport is very difficult to quantify and any one attempting to study sports injuries needs to give this matter very careful consideration.

Sports Injuries are extremely common. You have only to look at the sports pages of any newspaper to see that. The potential risks for injuries in sports seen to increase for all levels of athletes with increasing participation, intensity and demands, as well as longer training periods.

Most people gets injuries through accident, but professional and competitive athletes often develop overuse injuries. An overuse injury is usually a sprain, strain or fracture to part of the body that has been used repetitively.

The term sports injury, in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm-up and stretching.

Sports injuries are injuries that occur to athletes participating in sporting events. In many cases, these types of injuries are due to overuse of a part of the body when participating in a certain activity. For example, runner's knee is a painful condition generally associated with running, while tennis elbow is a form of repetitive stress injury at the elbow. Other types of injuries can be caused by a hard contact with something. This can often cause a broken bone or torn ligament or tendon Injuries are a common occurrence in professional sports and most teams have a staff of Athletic Trainers and close connections to the medical community. Controversy has arisen at times when teams have made decisions that could threaten a players long-term health for short term gain. Sports Injury recovery generally focuses on physical

Corresponding Author:

Dr. Rita Bora

Associate Professor,

Department of Physical

Education, ML & JNK Girls

College, Saharanpur,

Uttar Pradesh, India

rehabilitation, but using a few sports psychology skills and techniques may actually help an athlete recover faster as they learn to use such setbacks to become a more confident and resilient athlete. Athletes react to injuries with a wide range of emotions which may include denial, anger, sadness and even depression. An injury often seems unfair to anyone who has been physically active and otherwise healthy. Although these feelings are real, it's important to move beyond the negative and find more positive strategies to cope with this setback. In many cases dealing gracefully with an injury helps an athlete become a more focused, flexible, and resilient athlete. Here are some sports psychology strategies that can be used for faster injury recovery.

Meaning of Sports Injuries

Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue (ligaments, muscles, tendons or joints).

An athletic injury is a medical condition, resulting from athletic activity that causes a limitation or restriction in that activity, or for which medical treatment was received.

Athletic injury may stem from a single traumatic episode or from repeated overuse of a body part.

Injuries occurring in sports and physical activities are most commonly mild or moderate and seldom serious in nature. Further more, the athlete and/or the team often experiences an injury as a disaster.

In general, sports injury is a collective name for all types of damage received in the course of sporting activities. All injury leaves pain in the memory expects the greatest injury that is death, which kills memory with life.

Definition of Sports Injury

“Some sports injury is due to improper stretching while others are accidental injuries during the activity. In either case it is important to diagnose and treat. Such injuries quickly to prevent further aggravation or damage to the specific area. Doctors of chiropractic have extensive training in the area of sports medicine and can diagnose and effectively treat sports related injuries.”

“Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue (ligaments, muscles, tendons).”

“Any physical and physiological stress on human organisms is known as sports injury”.

“Any stress and strain put on the muscle, bone, joint, fascia and ligament is known as injury”.

“Injury has been understood as, has occur when as athlete has been forced to withdraw from the training, coaching and competition”.

Learn About Injury

Learning about the cause, treatment and prevention of injury will help in recovery. Not fully understanding an injury can cause fear or anxiety.

The following questions to the doctor, trainer, coach or therapist may help to know exactly what can be done to heal quickly and fully.

- What is the diagnosis (what type of injury)
 - How long will recovery take
 - What is the purpose of the treatments
 - What is expected during rehabilitation
 - What are the alternative workouts
 - What are the warning signs that the injury getting worse
- By understanding the injury and knowing what to expect

during the rehabilitation process, it will make feel less anxiety and a greater sense of control. The following are some of the psychological strategies for faster injury recovery.

Accept the Responsibility for the Injury

This is not to say that the injury is your fault. This means is that you accept that now you have an injury and you are the only one that can fully determine your outcome. By taking responsibility for your recover process, you will find a greater sense of control and will quickly progress in recovery, rather than dwelling on the past or blaming the injury on an outside factor.

Maintain a Positive Attitude

To heal quickly you need to be committed to overcome the injury by showing the up for your treatments, working hard, and listening and doing what your doctor or the trainer recommend. There is need to monitor what you are thinking and saying to yourself regarding the injury and the rehab process. Your self-talk is important. Are your thoughts negative and self defeating? To get the most out of your daily rehab, you need to work hard and maintain a positive attitude. Remain focused on what you need to do.

Use the Mind to Heal the Injury

It may be possible to speed up the healing process by using specific mental skills and techniques such as imagery and self-hypnosis. Imagery techniques use all of the senses to create mental images, feelings and sensations related to a desired outcome as though it is happening now or has already happened. Healing from sports injury take some time. Healing time varies from person to person and one can not force it to happen.

Get Support

A common response after an injury is to isolate yourself from teammates, coaches, and friends. It is important to maintain contact with others as you recover from injury. Your teammates, friends and coach can listen when you need to vent some anger, or can offer advice or encouragement during the rehab process. Just knowing you don't have to face the injury alone can also be a tremendous comfort. Be visible by being an active member of the group.

Set Appropriate Goals

Just because of the injury it doesn't mean to stop planning or setting goals, rather than viewing the injury as a crisis, make it another training challenge. The goals will now focus on recovery rather than performance. This will help keep motivated. By monitoring the goals one can be able to notice small improvements in the rehab of the injury. This will feel more confident that you are getting better and improving. Remember to work closely with the therapist or doctor. They can help to set realistic goals that are in line with each stage of the rehab. Most athletes have a tendency to try to speed-up the recovery by doing too much too soon.

Maintain the Fitness while Injured

Depending upon the type of injury it is possible to modify the training or add alternate forms of training to maintain cardiovascular conditioning or strength. Work with the trainer, therapist or physician to establish a good alternative workout program. Work on relaxation training and flexibility. Create a modified strength training program, do a limited amount of exercise to maintain cardiovascular fitness or focus

on better nutritional health.

With the right knowledge, support and patience an injury can be overcome without turning the whole world upside down. By taking things slow, setting realistic goals and maintaining a positive, focused approach most athletes can overcome minor injuries quickly and major injuries in time. Make sure to see a doctor for a proper diagnosis and treatment plan for any injury.

Conclusion

Healing time for any injury can be longer if one returns to activity too soon. Never exercise the injured part if it pains during the rest. When the injured part no longer hurts at rest, start exercising it slowly with simple range of motion exercises. If pain occurs stop and rest. Return to activity at a very low intensity, and build up to the previous level. Increase intensity of exercise only when one can do so without pain.

The injured part is now more susceptible to re-injury and should pay close attention to any warning signs of overdoing it. Soreness, aches and tension must be acknowledged or it may end up with an even more serious injury. The psychological impact of injury can affect an athlete long after the body has successfully healed. For this reason the role of a trainer or coach is particularly important in the progression from the rehabilitation to full completion. Both the performance and self-confidence of the athlete will likely be lower than pre-injury and this can be tackled by implementing a steady process of goal-setting and achievements to build both factors. On occasions, the circumstances surrounding the initial injury might cause negative memories and expectations that need to be worked through with a sport psychologist.

References

1. Palani S. Sports Injuries and Rehabilitation. Angel Publication, New Delhi, 2008.
2. Colt GS. Doing Sports Psychology with injured Athletes. In Andersen, M.(Ed), Doing Sports Psychology. Champaign, ILL. 2000, p. 223-230.
3. Reddy RVS. Sports Injuries. Sports Publication, New Delhi, 2006.
4. Pearson L, Jones G. Emotional effects of Sports Injuries. Physiotherapy. 1992;78:765-770.
5. Hardy CJ, Crace RK. Dealing with injury, Sports Psychology Training Bulletin. 1990;1(6):18.
6. Weinberg RS, Gould D. foundation of Sport and exercise psychology. Champaign, 1995.
7. Ambast, Anju. Prevention and Treatment of Sports Injuries, Khel Sahitya Kendra, New Delhi, 1998.
8. Ievleva L, Orlick T. Mental links to enhance healing The Sport Psychologist. 1991;5(1):25-35.
9. Sheokand, Daisy. Sports Injuries and Medicine, Sports Publication, New Delhi, 2007.
10. Gohil KJ. Sports Injuries, Angel Publication, New Delhi, 2018.