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## Psychological strategies for faster injury recovery

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### Abstract

This research article deals with the psychological strategies that are helpful in recovering fast from injuries. Sports injuries are very common. Players often have to suffer from injuries during the play. For fast recovering from injuries many kinds 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 physically. In this article some psychological strategies are been discussed. Which can be very helpful for players in their recovery process.

**Keywords:** Psychological strategies, injury recovery

### 1. Introduction

Sports Injury recovery generally focuses on physical 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.

### 2. 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 is getting worse? By understanding the injury and knowing what to expect during the rehabilitation process, it will make the player feel less anxiety and a greater sense of control. The following are some of the psychological strategies for faster injury recovery.

**2.1 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 recovery 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.

**2.2 Maintain a Positive Attitude:** To heal quickly you need to be committed to overcoming the injury by showing up for your treatments, working hard, and listening and doing what your doctor or the trainer recommend. There is a 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.

**2.3 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

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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 cannot force it to happen.

**2.4 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.

**2.5 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.

**2.6 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.

### 3. Conclusion

Healing time for any injury can be longer if one return to activity too soon. Never exercise the injured part if it pain during the rest. When the injured part no longer hurts at rest, start exercising it slowly with simple range of motion exercise. 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 over doing 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.

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