

## **SPORT INJURIES ARE MORE THAN PHYSICAL** *Sport Psychology Consultants Aid Rehab—Return to Activity*

CHAGRIN FALLS, Ohio – January 2011 – For the young athlete, the seasoned fitness buff, or the person who has simply pledged to take a daily walk, injury can be more than a physical setback. It can trigger psychological effects that can linger long after the physical pain has healed, according Frances Flint, Ph.D., Sport Injury Psychology Consultant and faculty member, York University, Toronto, Ontario.

“Injury can lead to frustration, self-doubt, social isolation, and ultimately, depression. Any of these reactions can cause a person to withdraw, even from a much-loved sport or activity,” said Dr. Flint, who is a Certified Athletic Trainer and Therapist. She encourages the use of Certified Consultants of AASP (CC-AASP) to help identify and reduce the psychological effects of sport injury.

CC’s-AASP help injured people overcome psychological barriers and get back in the game. Emphasizing that any plan must be realistic, observable, and measurable, Dr. Flint offers the following tips:

- Set achievable, progressive goals to overcome fear of re-injury and build confidence in your ability to regain skill and stamina.
- If you are not fully recovered, tell others before beginning your workout that you might stop early. This reduces pressures to do more than you should.
- Performance anxiety keeps many injured people from rejoining a team or group, so seek help from someone who understands your sport and goals.
- Consider a new activity, such as swimming, yoga, or Tai Chi. Willingness to try new things is a key to staying active throughout your lifetime.
- Honestly assess your motivations, from needing to lose weight to wanting to compete, and then choose activities that are appropriate, achievable, and enjoyable.

Consulting a CC-AASP is an option for anyone who is struggling with the effects of injury. “The tools we’ve developed in our work with competitive athletes can be very effectively adapted to help all people who want to stay active and fit,” said Dr. Flint.

For a complete listing of CC’s-AASP, visit [www.appliedsportpsych.org](http://www.appliedsportpsych.org). The organization’s website offers the public a free Resource Center with articles on a variety of topics including a section on injury and rehab.

*The Association for Applied Sport Psychology (AASP) promotes ethical practice, science and advocacy in the field of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport and exercise psychology. With more than 1,500 members in 38 countries, AASP is a worldwide leader, sharing research and resources with the public via its website, [www.appliedsportpsych.org](http://www.appliedsportpsych.org).*