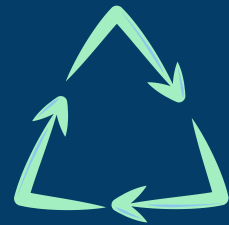


Mentally Coping with ACL Injury

How can changing the way I think help me recover from injury?

Dealing with ACL injuries is a physical and mental process



"BIOPSYCHOSOCIAL MODEL" describes the experience of pain being multidimensional. Injuries affect us physically, socially, and mentally.

(Piuissi et al., 2021)



IT IS COMMON TO DEAL WITH NEGATIVE EMOTIONS DURING RECOVERY

Long-term injuries can affect well-being. It can feel isolating and frustrating. Likelihood to return to sport may decrease if negative emotions are not addressed.

depression
anxiety
frustration
anger
fear



(Ellis et al., 2020; Gennarelli, Brown, & Mulcahey, 2020)

DESPITE ADVANCEMENTS IN RECOVERY STRATEGIES

20-30%

OF ATHLETES DO NOT RETURN TO SPORT

Psychosocial factors have important roles in the recovery process

(Ellis et al., 2020)

REASONS FOR NOT RETURNING TO SPORT



(Ardern et al., 2014)

GET BACK IN THE GAME

Sport injury can be an opportunity for **personal growth**.

Some athletes report **higher stamina** and **better sport performance** after returning from injury!

(Trainor, Crocker, Bundon, & Ferguson, 2020)

I can
&
I will

PSYCHOLOGICAL STRATEGIES FOR PROMOTING RECOVERY



Guided Imagery

Using your "mind's eye" to rehearse the physical skills and cope with stress and anxiety

- improve mood, pain and stress management
- decrease re-injury anxiety
- improves knee laxity

(Gennarelli et al., 2020; Maddison et al., 2012)



Positive Self-talk

Using your "inner voice" to show yourself compassion and recognize your strength

- reduce anxiety
- increase adherence to home exercise program

(Gennarelli et al., 2020; Sherzer et al., 2001)



Goal Setting

Developing an action plan to work towards setting specific and deliberate goals

- increase motivation and exercise adherence at home
- increase mood and self-efficacy

(Gennarelli et al., 2020)



Modelling Videos

Videos of models performing the rehabilitation exercises and discussing difficulties faced during rehab and how to overcome them

- reduce perceptions of pain
- improve self-efficacy
- improve functionality

(Gennarelli et al., 2020)



Counselling

Speaking with a professional who can provide support and guidance

- source of listening and social support
- help with coping with negative feelings

(Gennarelli et al., 2020)

FIND WHAT WORKS FOR YOU AND RETURN TO THE ACTION STRONGER THAN EVER

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