Learning Objectives

MedBridge

Psychology of Injury
Stephen Graef, PhD

Chapter 1: Pre-Injury
• Identify the psychological predictors/precursors of injury

Chapter 2: Injury and Injury Response
• Discuss patterns of normal and clinical responses to injury

Chapter 3: Rehabilitation and Recovery
• Identify factors affecting the athlete's approach to rehab
• Learn support strategies / interventions for the trainer/therapist

Chapter 4: Return to Sport
• Identify signs the athlete is not ready to return to sport
• Describe the role of the sports psychologist and when to refer the athlete to a professional