



The Injured Athlete

Laura Miele



The Injured Athlete:

Psyche of the Injured Athlete Laura Miele, 2021-02-28 *Psyche of the Injured Athlete the Unspoken Truths* presents an intimate look at what happens to athletes who suffer a debilitating sport career ending injury The athlete's identity the sports family the daily discipline and work to become an elite athlete are all gone The psyche of the athlete is damaged and there is little in place to help them find healing and wholeness The author Dr Laura Miele PhD describes her own journey as an elite basketball player who suffered a back injury that ended her promising career and left her on the sidelines She shares the utter devastation the consultations with numerous medical professionals searching for a way to rehabilitate and continue to play and the realization that she needed to move on from her dream She is an expert in fitness sports and recreation with a PhD in Sports Psychology and she brings her understanding of athletic identity sports injury rehabilitation and career ending injury to bear on the lack of mental health resources available to injured athletes and to those who care for them This book is intended to help coaches parents medical practitioners and the injured athletes themselves acknowledge the need for the body mind and spirit all to be considered when evaluating the health and wellbeing of the injured athlete The seven comprehensive chapters cover Miele's story the role of sport in the identity of elite athletes the loneliness and despair of an injured depressed athlete and finally her detailed solutions to help the injured athlete cope with and move beyond their injury to transition out of sports and into a successful career and life The insights from coaches and athletes sprinkled throughout the book corroborate and expand on the topics of athletics injury loss and recovery Dr Miele notes that athletes have everything they need to heal and move on if they are given the appropriate support They are disciplined they know how to work hard and they are team players With the right mental health resources and guidance they can integrate their love of their sport into their life and come back strong Whether you are a parent coach doctor or athlete this book is a must read Better analysis and treatment are critical to the mental health of elite athletes and you owe it to yourself or the athlete you care for to better understand the psyche of the injured athlete

Managing the Injured Athlete Zoë Hudson, Claire Small, 2011-06-14 *Managing the Injured Athlete* is an innovative clinically focused pocketbook which aims to support the clinician out in the field helping answer clinical queries and solve problems when there may be nothing else to refer to It focuses on developing the clinician's clinical reasoning skills recognizing that patterns of clinical presentation are the key to problem solving and formulating a diagnosis As well as covering assessment treatment and rehabilitation the experienced authors discuss the clinician's role within a team athlete confidentiality travelling with athletes drugs and doping issues working in different climates and return to play considerations Throughout the pocketbook patterns of positive findings are given as a key to indicate how frequently clinicians can expect to come across certain subjective and objective markers for a given condition Starts from the point of subjective and objective examination assessment not diagnosis Highlighted evidence points to solid literature supporting the intervention described Clinical Tips and Further Reading Case studies demonstrate

principles of injury rehabilitation in practice Handy durable format small enough to use in the field and for quick reference

Physical Rehabilitation of the Injured Athlete E-Book James R. Andrews, Gary L. Harrelson, Kevin E.

Wilk, 2012-02-01 Physical Rehabilitation of the Injured Athlete is a medical reference book that equips you to apply today's hottest strategies in non-operative sports rehabilitation so you can help your patients return to play as quickly and fully as possible Send your players back to the field fast with the latest strategies in non-operative sports rehabilitation Get balanced dependable guidance on sports rehabilitation from a multidisciplinary author team that contributes perspectives from orthopaedics and sports medicine athletic training and physical therapy Ensure effective treatment planning with a stronger emphasis on evidence-based practice Master the latest with brand new chapters on Developing Treatment Pathways Biomechanical Implications in Shoulder and Knee Rehabilitation Temporomandibular Rehabilitation Thigh Rehabilitation Gait Assessment Functional Movement Assessment and Plyometric Training Drills Access the fully searchable text downloadable image bank and 9 online only appendices at www.expertconsult.com

Psychological Affect of the Injured Athlete Susan

Avis McDonald, 1988

The Injured Athlete Daniel N. Kulund, 1982

The Injured Athlete, 1975

Physical

Rehabilitation of the Injured Athlete James R. Andrews, Gary L. Harrelson, Kevin E. Wilk, 1998 This edition provides ready access to practical information about the physical rehabilitation of injured athletes Takes an in-depth look at the decisions and applications relative to rehabilitation programs The 2nd Edition features new chapters on the rehabilitation of the lower back the hand and wrist and on isokinetic testing Also includes more criterion-based rehabilitation protocols enhanced coverage of aquatic rehabilitation and an expanded appendix on knee exercises

Missing the Game Emily M.

Huston, 2015 Elite NCAA Division 1 athletes who sustain a severe injury not only undergo a physical response to the injury but also a psychological response The injury can have such a tremendous impact on the well-being of the athlete that psychological trauma can occur Often however the athlete's psychological response is not appropriately addressed The goal of the Injured Recovering Athlete Group IRAG is to acknowledge and honor the whole athlete's injury experience including the cognitive behavioral psychological and emotional outcomes that ensue and to provide an integrated approach that leads to increased well-being The proposed Injured Recovery Athlete Group IRAG is comprised of an integrated theoretical framework that includes the Integrated Model of Response to Sport Injury IRSI mindfulness and person-centered therapy The strengths and limitations of the project are discussed along with implications and suggestions for individuals interested in working with injured athletes Abstract p 1

Injuries in Athletics: Causes and Consequences Semyon M.

Slobounov, 2008-06-17 Over the past decade the scientific information on psychology of injury has increased considerably Despite dramatic advances in physical education of coaches field of medicine athletic training and physical therapy the sport-related traumatic injuries is our major concern Athletic injuries both single and multiple have a tendency to grow dramatically Accordingly prevention of sport-related injuries is a major challenge facing the sport medicine world today The

purpose of this book is to accumulate the latest development in psychological analyses evaluation and management of sport related injuries including traumatic brain injuries No two traumatic injuries are alike in mechanism symptoms or symptoms resolution There is still no agreement upon psychological diagnosis and there is no known comprehensive treatment for sport related injuries for regaining pre injury status Physical symptoms resolution is not an indication of psychological trauma resolution

Athletic and Sport Issues in Musculoskeletal Rehabilitation David J. Magee, Robert C. Manske, James E. Zachazewski, William S. Quillen, 2010-10-21 Part of David J Magee s Musculoskeletal Rehabilitation Series Athletic and Sport Issues in Musculoskeletal Rehabilitation provides expert insight and clear rehabilitation guidelines to help you manage injuries and special medical needs unique to athletic clients Contributions from leading physical therapists athletic trainers and orthopedic surgeons give you a comprehensive clinically relevant understanding of common sports related injuries and help you ensure the most effective therapeutic outcomes Addresses a broad range of sports related injuries and conditions Reinforces key concepts with highlighted content and hundreds of detailed illustrations Summarizes essential information for fast easy reference in class or in clinical settings

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