



# The Injured Athlete

**Zoë Hudson, Claire Small**



## **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](http://www.expertconsult.com)

**The Motivation and Psychological Response of the Injured Athlete in Relationship to Season Success, Perceived Coach Support, Gender, and Concern about the Implications of Being Injured** Elizabeth Williams, 2005

The motivation of an athlete to return to play after being injured was measured by a modified Participation Motivation Questionnaire PMQ Data were collected from 56 student athletes currently under care for an athletic related injury at a southern Christian university Statistical analysis concluded that there was only one significant difference found when comparing season success perceived coach's support gender and concern about the implications of being injured This significant factor was perceived coach's support

*Psychological Affect of the Injured Athlete* Susan Avis McDonald, 1988

The Practical Guide to Athletic Training Ted Eaves, 2009 The Practical Guide to Athletic Training is an essential guide for students interested in the fields of sports medicine and athletic training The text focuses directly on issues and injuries that are seen in daily practice rather than all issues that may or may not arise during a professional career Its practical concept makes this text ideal for the beginning student and as a reference for athletic training sports medicine professionals in the field

The Injured Athlete Daniel N. Kulund, 1982 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

**Survey of Athletic Injuries for Exercise Science** Linda Gazzillo

Diaz,2013-09-10 5 Stars Doody s Review Service Perfect Score of 100 This book is more than sufficient for exposing undergraduate students to sports related injuries how they are identified and how they might be treated by a professional It includes a good deal of basic anatomy and physiology that is complemented well by treatment therapies for site specific injury prevention and therapeutic care following injury Written for students within Exercises Science and Exercise Physiology Survey of Athletic Injuries for Exercise Science clearly outlines traditional prevention and care of athletic injuries for those who lack an athletic training background It address the role that exercise science exercise physiology or professionals from other health related fields play in the treatment of injuries and illnesses in the physically active population The text addresses each body segment along with other information that impacts the physically active such as ergogenic aids supplements nutrition and exercise prescription Throughout the text case studies and realistic situation boxes discusses interesting cases from the field Key Features Provides a necessary resource on athletic injury and prevention for the non athletic trainer Clearly defined chapter objectives identify critical information for students Critical thinking questions ask students to examine and reason through a variety of scenarios Case Studies throughout analyzes and explores real world situations

**The Injured Athlete** Daniel N. Kulund,1988      **Hamstring and Quadriceps Injuries in Athletes** Christopher C. Kaeding,James R. Borchers,2014-10-06 Injuries to the hamstring and quadriceps muscles can occur in both low and high impact sports and as such are among the more common injuries incurred by athletes Reviewing the relevant physiology epidemiology mechanisms clinical presentation and treatment of these conditions Hamstring and Quadriceps Injuries in Athletes covers all sports related injuries of the thigh musculature in one place Topics covered include mid substance injuries acute proximal tendon avulsions and harvesting of hamstrings as well as strains contusions and ruptures of the quadriceps including the use of biologic enhancing agents in healing Chapters on rehabilitation and injury prevention present techniques to maximize recovery and minimize long term impairment speeding up return to play It will be an often used and reliable guide for sports medicine practitioners orthopedists physical therapists primary care physicians team physicians and trainers who treat the injured athlete      **Physical Rehabilitation of the Injured Athlete** Gary L. Harrelson,2004 Represents collaboration among orthopaedists physical trainers and athletic trainers It reviews the rehabilitation needs for all types of sports injuries stressing the treatment of the entire kinetic chain with various exercises Chapters have been extensively revised featuring new concepts and techniques The 3rd edition includes four new chapters Proprioception and Neuromuscular Control Cervical Spine Rehabilitation Functional Training and Advanced Rehabilitation and Plyometrics new contributors and new features such as summary boxes and tables      Physical Rehabilitation of the Injured Athlete James Rheuben 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      **The Injured Athlete** ,1975      *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      **Psychological Bases of Sport Injuries** David Pargman,1993      **Coping with Sports Injuries** Jane Crossman,2001 Coping with Sports Injuries is unique in examining the way in which an athlete can be psychologically affected by injury and how they can be fully rehabilitated It will be invaluable in helping sports physicians and physiotherapists understand the psychological nature of injury and help them by providing practical strategies for rehabilitation      **The Anterior Cruciate Ligament Injured Athlete** Eric Ernest LaMott,1994      **Rehabilitation of the Injured Athlete** J. S. Harvey,1985      *Symposium on Rehabilitation of the Injured Athlete* Jack S. Harvey,1985

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