Take these suggestions below to your scheduled appointment with your clinician. Ask your clinician to identify the key things you need to know about those bullet points most relevant for you.

Injury Education Guidelines1,2

* Basic anatomy of the injured area
* Anatomical changes caused by the injury
* How does (do) rehabilitation method (s) work?
* Description of diagnostic and surgical procedures (if necessary)
* Potential problems with pain and how to cope with these
* Understanding the different types of pain
* Guidelines for independent use of treatment modalities (e.g., heat, cold)
* How and why, you can progress your rehabilitation activities (criteria for progression)
* Timeframes for rehabilitation progression
* Possibility of treatment plateaus or setbacks
* What to do in the case of injury plateaus or setbacks
* Purposes of medication with emphasis on consistent use as prescribed
* Potential side effects of medication
* Encouragement and guidance on how to report any side effects to the clinician
* Rationale for limits on daily physical activities during healing
* Guidelines for the use of braces, orthotic devices, or crutches
* Psychosocial responses to injury (e.g., stress, fear, worry, confidence) and how to manage/use these during rehabilitation and RTS
* Rehabilitation as an active collaborative learning process
* Methods of assessing readiness for RTS
* Deciding when to hold back and when to go all-out
* Long-term maintenance and care of healing injury

Record the points identified by your clinician in the space provided on the next page. Recording the information will help ensure you understand what they have told you and keep the information for future reference. Doing so will help reinforce key take home messages as you begin and progress through the rehabilitation process on your way to return to sport.

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References for supplementary materials

1 Heil J 1993 *Psychology of Sport Injury* Champaign, IL: Human Kinetics

2 Podlog LW, Heil J, Burns RD *et al* A Cognitive Behavioral Interventions for College Athletes with Injuries *The Sport Psychologist* <https://doi.org/10.1123/tsp.2019-0112> EPub ahead of print