Forsdyke, Dale ORCID logoORCID: https://orcid.org/0000-0003-4283-4356 (2019) Is my athlete REALLY ready to return to sport following injury? : the role of psychological readiness. In: 2nd Shoulder Rehabilitation Conference, 29th-30th Nov 2019, Liverpool Hope University. (Unpublished)

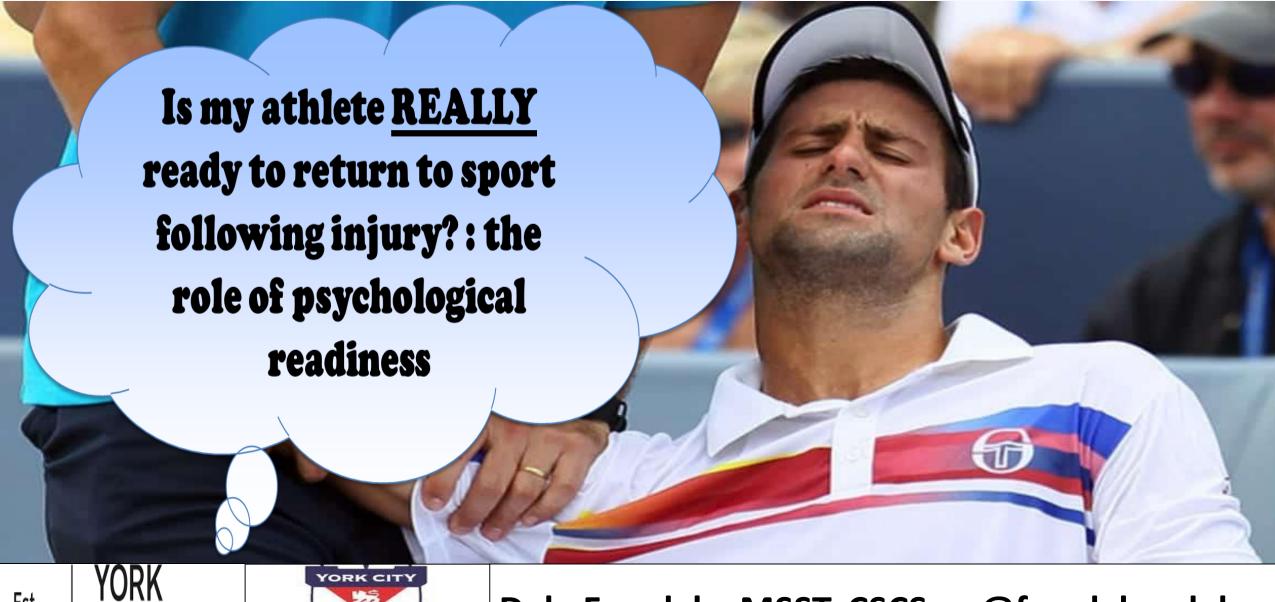
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Aim 1

Create a rationale for the consideration of psychological readiness when making return to sport decisions

Aim 2

Explain what psychological readiness to return to sport is, it's importance, and it's antecedents

Aim 3

Explain how the sports medicine team can monitor and make judgements over psychological readiness for optimal return to sport

Putting the evidence into context



The return to sport landscape



Clare L. Ardern,*† PT, Kate E. Webster,† PhD, Nicholas F. Taylor,†† PhD, and Julian A. Feller,† FRACS

Injuries impair the chance of successful performance by sportspeople: a systematic review

Michael K Drew, 1,2 Ben P Raysmith, Paula C Charlton 1



European Journal of Sport Science, May 2012; 12(3): 274-282

Sport injuries as the main cause of sport career termination among

LEENA RISTOLAINEN¹, JYRKI A. KETTUNEN², URHO M. KUJALA³, & ARI HEINONEN³



Returning athletes back to sport after injury: are we winning?





What concerns do athletes tend to have when they return to sport?

(Forsdyke et al., 2016; Podlog, Dimmock & Miller, 2011; Tjong et al., 2015)

Will I be able to perform like I used to do?

What will my team mates, manager and fans expect from me?

How do I stop getting re-injured?

Will I still be considered a reliable athlete?

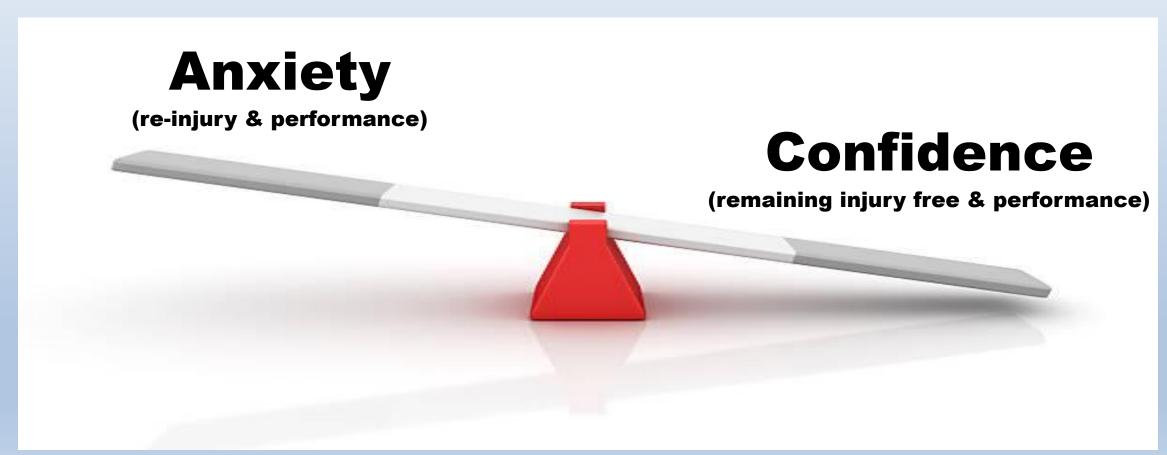


Will I still be selected for the first team?

Who do I turn to if I have concerns?

What is psychological readiness to return to sport?

(Forsdyke et al., 2016; Gerometta et al., 2018; Webster et al., 2008)



How is psychological readiness to return to sport developed?

(Chester et al., 2018; Forsdyke et al., 2016; Meierbachtol et al., 2018; Podlog et al., 2015; Tjong et al.,

2015; Webster et al., 2018)

Trust in the sports medicine team

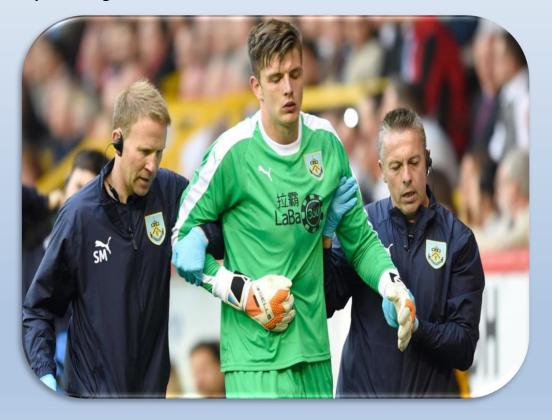
Quality and availability of social support

Feeling wanted

Expectation management

Subjective symptoms and function

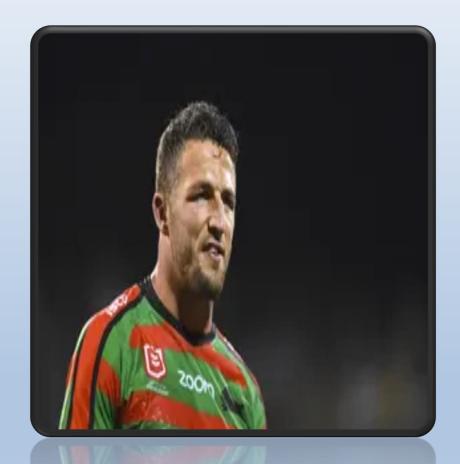
Achieving goals and specific criterion



What happens if an athlete is not psychologically ready to return to sport?

Increased risk of re-injury
(McPherson et al., 2019)

Less likely to return to their pre-injury sport (Ardern et al., 2014)



Less likely to return to preinjury sport performance (Kitaguchi et al., 2019)

Reduced functional task performance (Zarzycki et al., 2019)

How can I monitor & evaluate psychological readiness to return to sport?

ACL-RSI (Webster et al., 2008)

ACL-RSI (SF) (Webster et al., 2018)

SIRSI (Geromotta et al., 2018)

I-PRRS scale (Glazer, 2009)

Psychological readiness

TSK (Miller, Kori & Todd, 1991)
RIAI (Walker, Thatcher & Lavallee, 2010)

Anxiety/ fear/ kinesiophobia

Psychological readiness to return to sport: three key elements to help the practitioner decide whether the athlete is REALLY ready?

Dale Forsdyke, 1 Adam Gledhill, 2 Clare Ardern 3,4,5

Box 2 Examples of tools (questionnaires and inventories) that may be used by practitioners to monitor psychological readiness to RTS (formatted versions of the tools are available as on-line resources)

 Re-injury Anxiety Inventory (RIAI): http://www.sciencedirect.com/science/

Characteristics of an athlete who is psychologically ready to RTS are multifaceted and include, among others: realistic expectations, high levels of self-efficacy and low levels of anxiety (in context of performance and re-injury)

#1 Use tools to monitor injured athletes
#2 Use your working knowledge of the athlete
#3 The need for athlete-centred & interdisciplinary
shared decision-making

A return to sport 'quadrant of doom'

Physical readiness to return to sport

Psychological readiness to return to sport

So in summary.....

- Currently, data suggests that returning athletes to back to sport after an injury in an optimal way is challenging
- Ideally, athletes should only return to sport when they are physically <u>and</u> psychologically ready to do so
- Psychological readiness to return to sport appears important and therefore should form part of the return to sport decision making process.

Key further readings and resources

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Any questions?

