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BASEM

British Association of Sport & Exercise Medicine

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York St John University

York City Tier 1 Regional Talent Club

Is my athlete <u>REALLY</u> ready to return to sport following injury? : the role of psychological readiness

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Aim 1

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

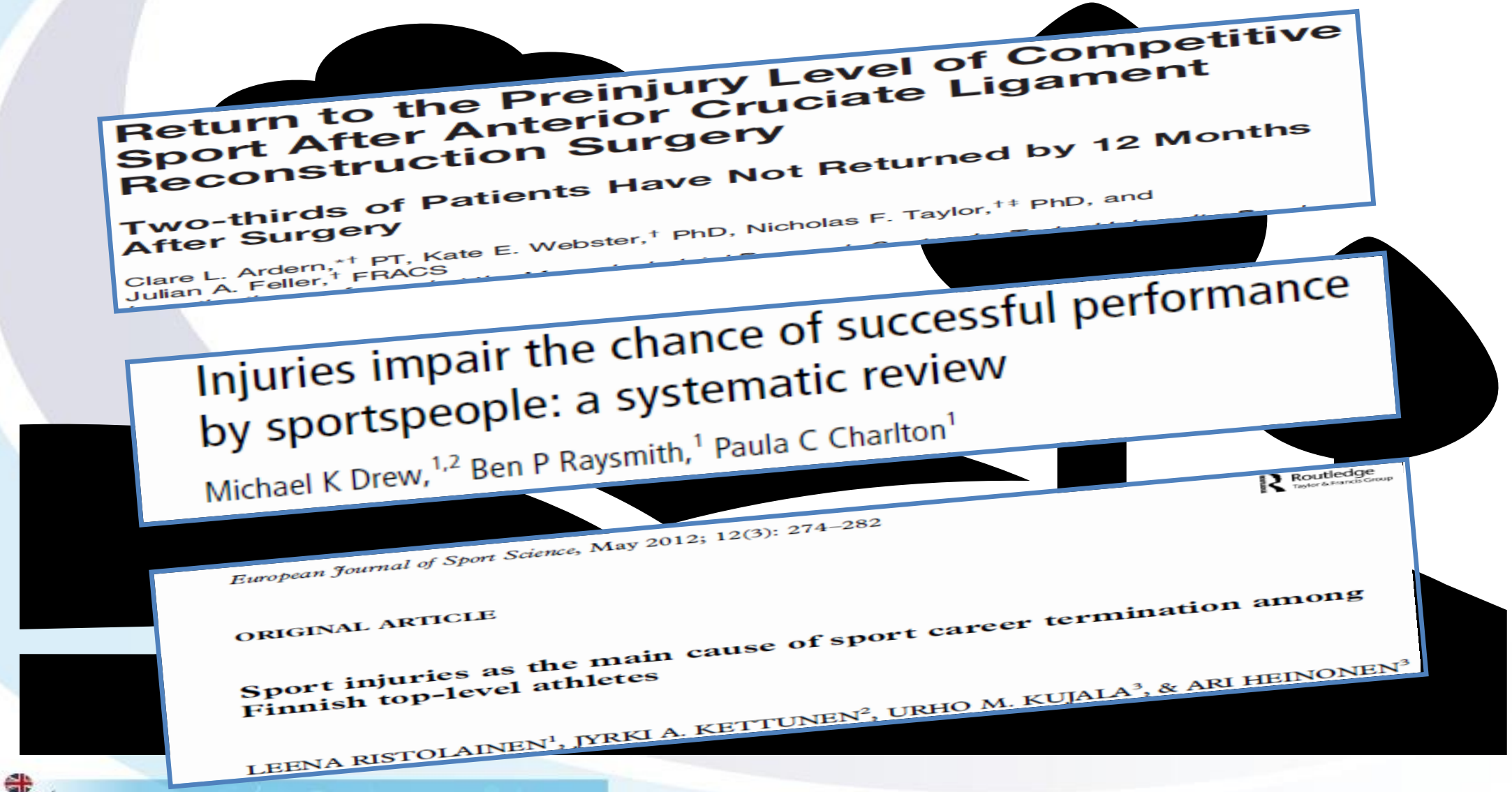
Aim 2

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

The return to sport landscape



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

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

(Carson & Polman, 2012; Forsdyke et al., 2016; Podlog, Dimmock & Miller, 2011)

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 selected for the first team?

Will I still be considered a reliable athlete?

Who do I turn to if I have concerns?

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What is psychological readiness to return to sport?

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

Anxiety

(re-injury & performance)

Confidence

(remaining injury free & performance)

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How is psychological readiness to return to sport developed?

(Forsdyke et al., 2016; Meierbachtol et al., 2018; Podlog et al., 2015; Webster et al., 2018)

- Trust in sports medicine team
- Quality of social support
- Feeling wanted
- Expectation management
- Subjective symptoms and function
- Achieving goals and specific criterion

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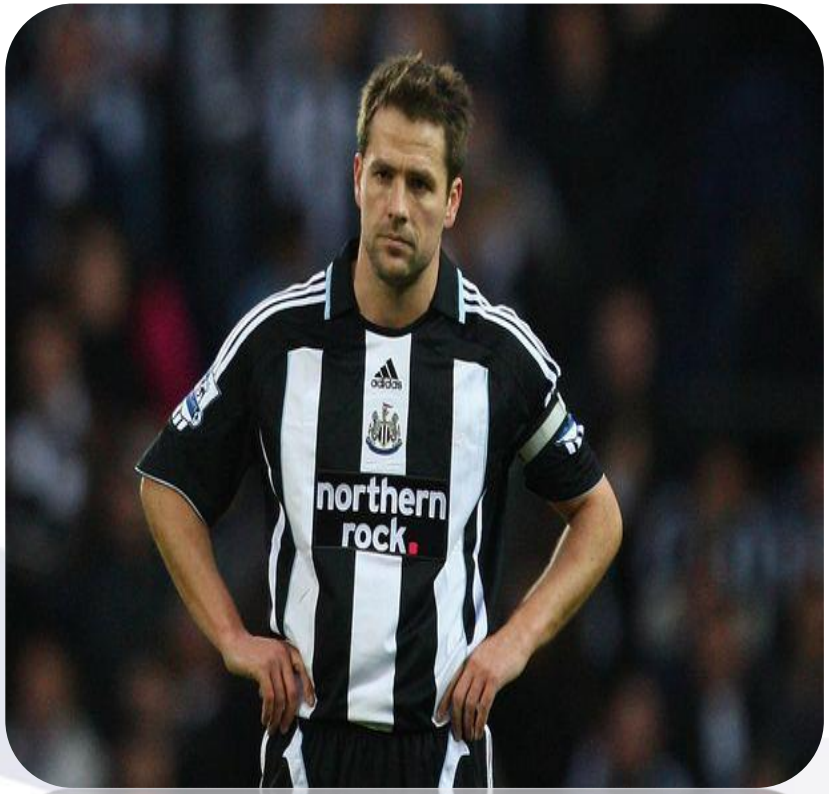
What happens if an athlete is not psychologically ready to return to sport?

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 pre-injury sport performance (Kitaguchi et al., 2019)

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

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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

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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 and 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

- Ardern, C.L., Glasgow, P., Schneiders, A., et al. (2016). Consensus statement on return to sport from the First World Congress in Sports Physical Therapy, Bern. *British Journal of Sports Medicine*, 50, 853-864.

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- Webster, K., Nagelli, C.V., Hewett, T.E., & Feller, J. (2018). Factors associated with psychological readiness to return to sport after anterior cruciate ligament reconstruction surgery. *The American Journal of Sports Medicine*, 46, 1545-1550.

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- Zarzycki, R., Failla, M., Capin, J., & Snyder-Mackler, L. (2018). Psychological Readiness to Return to Sport Is Associated With Knee Kinematic Asymmetry During Gait Following ACL Reconstruction. *Journal of Orthopaedic & Sports Physical Therapy*, 27, 1-21, DOI: 10.2519/jospt.2018.8084.

Any questions?