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The Psychological Implications of Long Term Injury During Rehabilitation

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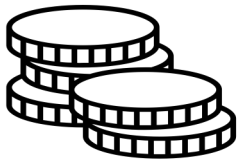
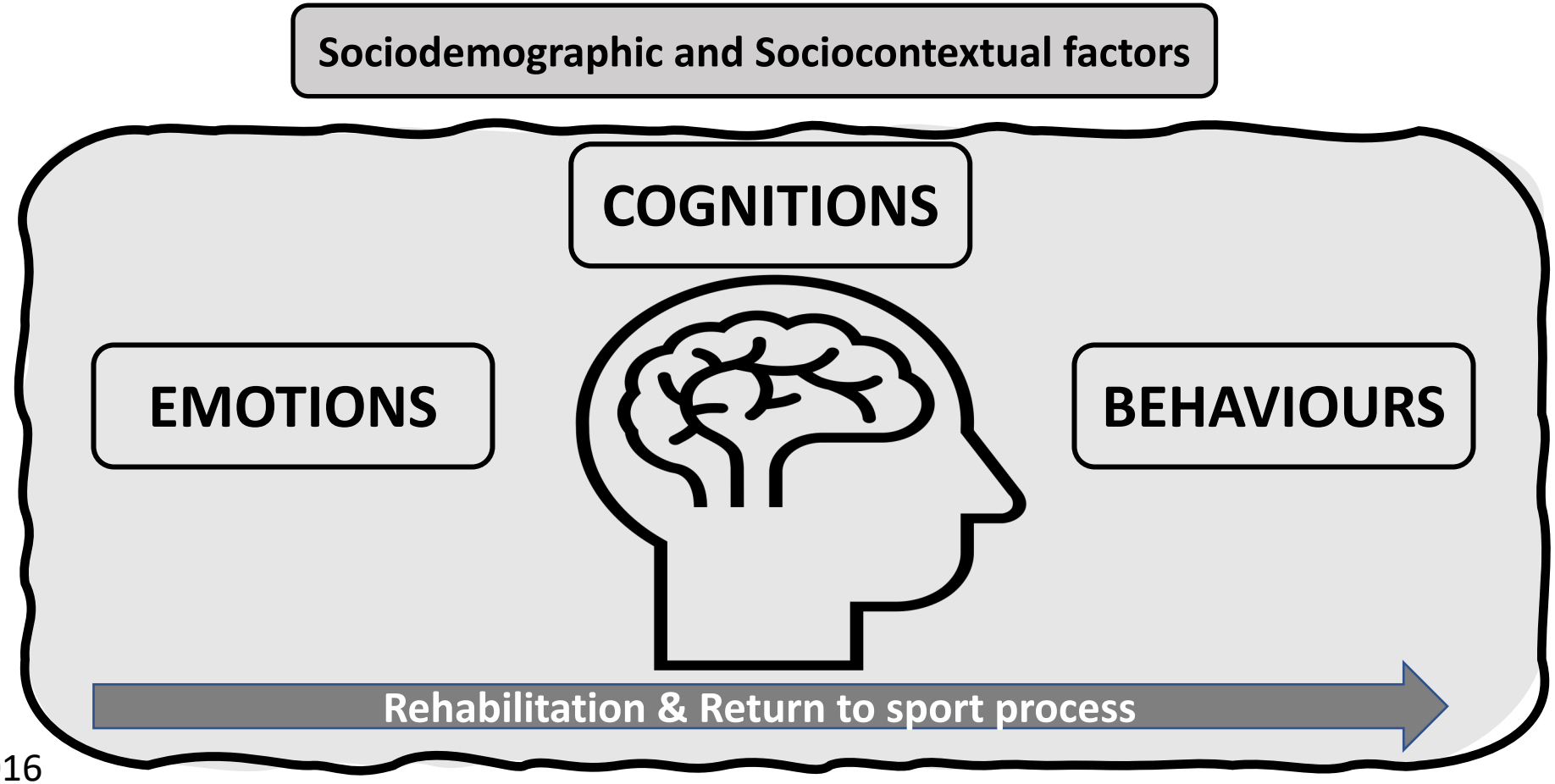
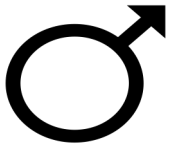
Aims of todays talk

- Discuss why the psychological implications of long-term injury are important
- Provide practice-facing strategies so clinicians may more confidently address some of the psychological implications of long-term injury

What do we mean by psychological factors?







Forsdyke et al., 2016

The return to sport landscape

Chronic symptoms and impaired function
(Cotchett et al., 2022; Hind et al. 2020)

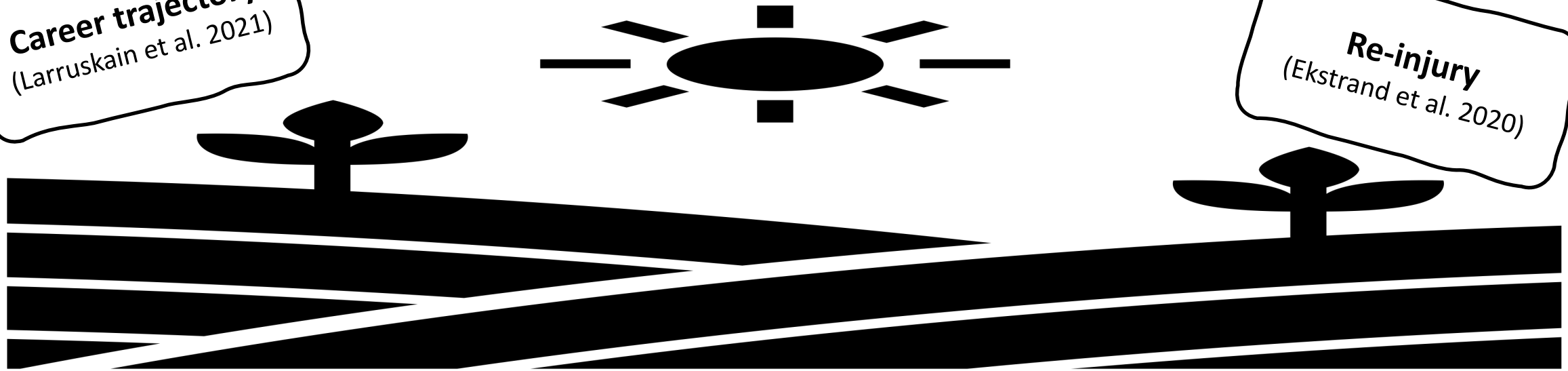
Return to pre-injury sport
(Ardern et al. 2014)

Return to pre-injury levels of performance
(Drew, Raysmith & Charlton, 2017 Raya-Gonzalez et al., 2022)

Non-volitional retirement
(Ristolainen et al. 2012)

Career trajectory
(Larruskain et al. 2021)

Re-injury
(Ekstrand et al. 2020)



Are we missing something?

Rarely are psychological factors considered in clinical decision making

Practitioners often feel under-skilled and over-challenged about psychological factors

Psychological factors

should be taken into account during rehabilitation and at the time the athlete is making the transition back to sport

VS

Burgi et al., 2019; Chesterton, Alexanders & Rutter, 2020; Heaney et al., 2015

&

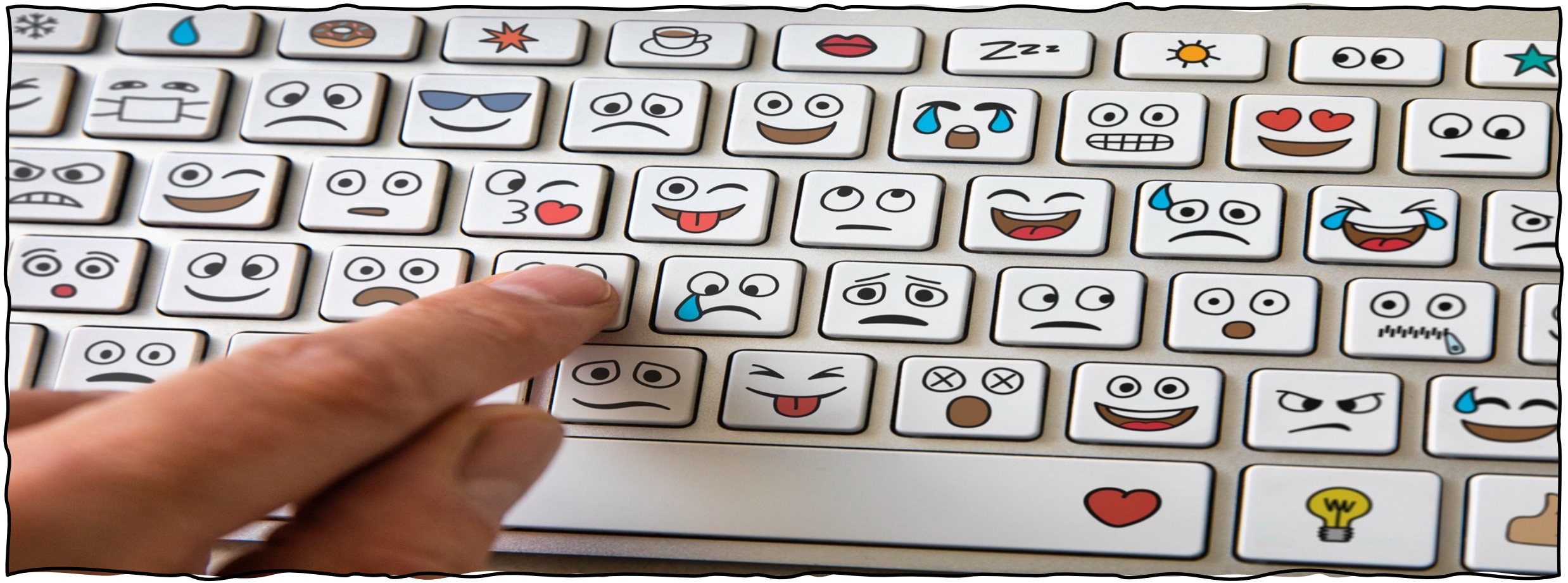
More psychologically 'ready'

More functionally 'ready'

More biologically 'ready'

Ardern et al., 2013; Forsdyke et al., 2016; Gouin & Kiecolt-Glaser, 2012; McPherson et al., 2019; Sonesson et al., 2017; Wadey et al., 2014; Williams et al., 2020; Yang et al., 2014; Zarzycki et al., 2018

More so than biological or functional factors, psychological factors are dynamic and easier to mask



Forsdyke et al., 2016; Truong et al., 2020

How to be more 'psychologically informed'

Evaluate psychological factors using tools AND using your working knowledge of the athlete

Use these impressions to make more rounded clinical decisions

Continue to monitor in order to inform decisions throughout the rehabilitation and recovery journey

Forsdyke, Ardern & Gledhill, 2017; Sterns et al., 2021

How can I monitor psychological factors to help inform clinical decision?

ACL-RSI (Webster et al., 2008)

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

SI-RSI (Geromotta et al., 2018)

ALR – RSI (Signonney et al., 2020)

PRIA-RS (Gomez-Piqueras et al., 2014)

I-PRRS scale (Glazer, 2009)

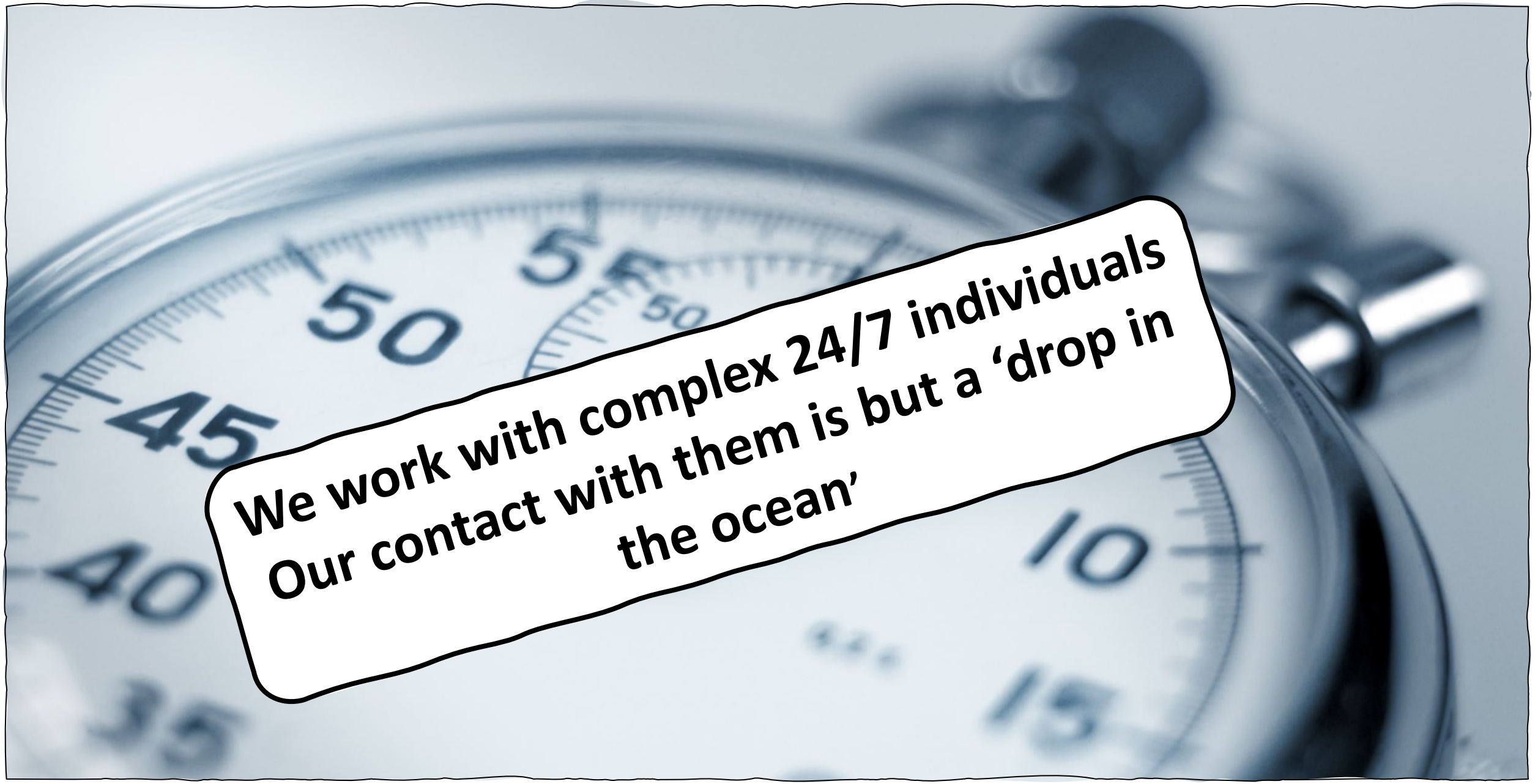
→ **Psychological readiness**

TSK (Miller, Kori & Todd, 1991)

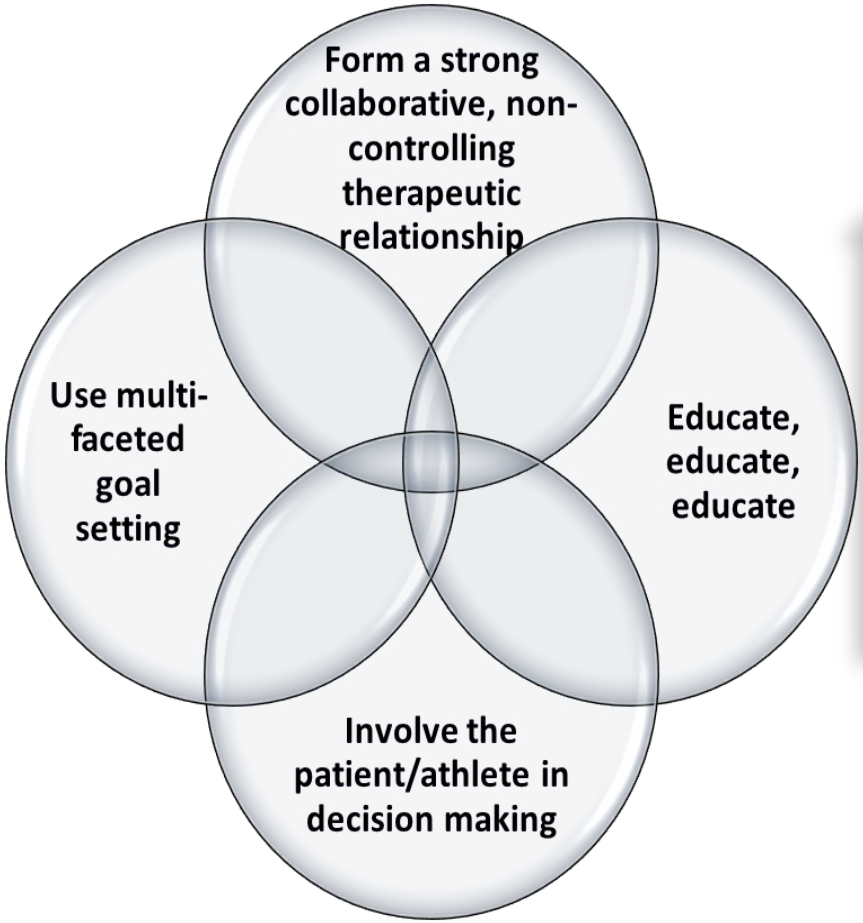
RIAI (Walker, Thatcher & Lavallee, 2010)

→ **Anxiety/ fear/ kinesiophobia**

ACL-RSI = ACL-Return to Sport after Injury scale, SI-RSI = Shoulder Instability-Return to Sport after Injury scale, ALR-RSI = Ankle Ligament Reconstruction-Return to Sport after Injury scale, PRIA-RS = Psychological Readiness of Injured Athletes to Return to Sport questionnaire, I-PRRS = Injury-Psychological Readiness to Return to Sport scale, TSK = Tampa Scale of Kinesiophobia, RIAI = Reinjury Anxiety Inventory


We work with complex 24/7 individuals
Our contact with them is but a ‘drop in
the ocean’

Let the patient/athlete off the leash!: Boosting adherence & empowerment



Control
Competence
Relatedness
Autonomous motivation
Self-awareness

Adherence
Empowerment

Overall therapeutic effect

Gledhill et al., 2021; Gledhill, Forsdyke & Goom, 2020, Maciak et al., 2018; Zou et al., 2016

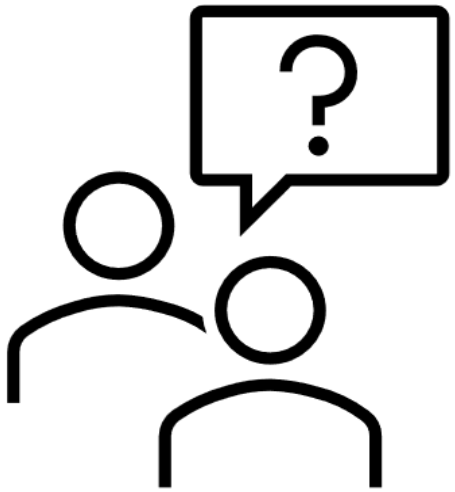
Some practice-facing ideas

- Injury homework
- Session plenaries
- Rest is rust, motion is lotion
- Early engagement with return to sport criteria
- Maintain the social side of sport
- Injury role models
- Patient/athlete question framework
- Maximise your pre-injury athlete relationships

Gledhill et al., 2021; Gledhill, Forsdyke & Goom, 2020, Maciak et al., 2018; Podlog, Heil & Schulte, 2014

In summary

- **You have an important role in managing psychological implications during long term injury rehabilitation**
- **Psychological factors are important precursors to more successful rehabilitation and recovery outcomes**
- **While all rehabilitation should be 'psychologically informed' there are ways to make it 'more psychologically informed'**
  - Screen, inform, monitor
  - Provide high-quality social support
  - Educate, and then educate some more
  - Maximise patient/athlete involvement and ownership
  - Set shared multifaceted goals



ANY QUESTIONS?