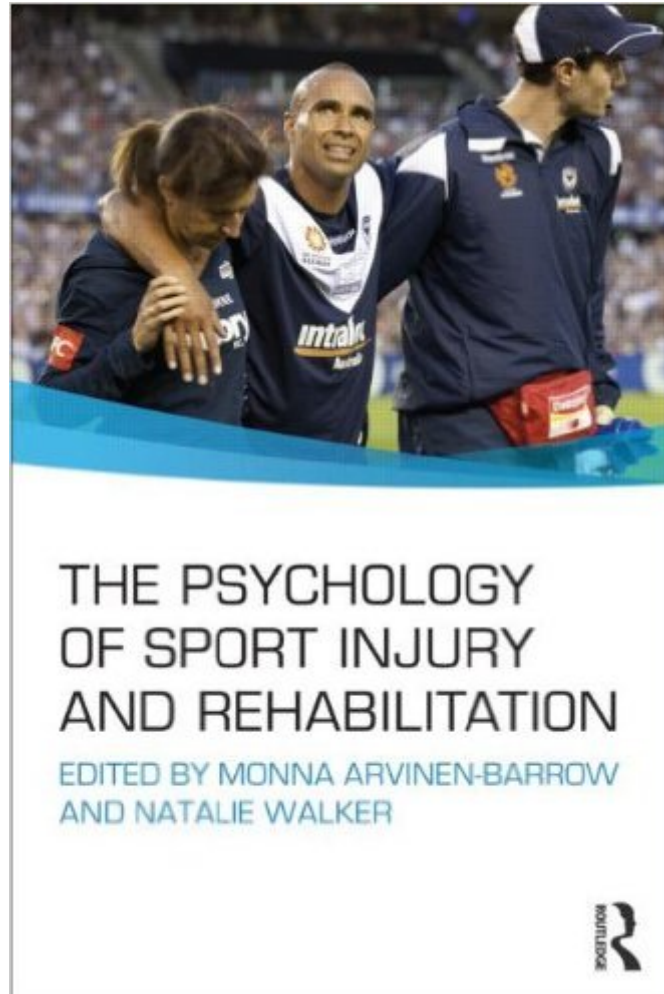


The book was found

The Psychology Of Sport Injury And Rehabilitation



Synopsis

Athletes routinely use psychological skills and interventions for performance enhancement but, perhaps surprisingly, not always to assist in recovery from injury. This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting, to enhance recovery and the well-being of the athlete. Drawing on the very latest research in sport and exercise psychology, this book explores key psychological concepts relating to injury, explaining typical psychological responses to injury and psychological aspects of rehabilitation. Using case studies in every chapter to highlight the day-to-day reality of working with injured athletes, it introduces a series of practical interventions, skills and techniques, underpinned by an evidence-base, with a full explanation of how each might affect an athlete's recovery from injury. The Psychology of Sport Injury and Rehabilitation emphasises the importance of an holistic, multi-disciplinary approach to sports injury and rehabilitation. No other book examines the psychological aspects of both sports injury and the rehabilitation process, and therefore this is an essential resource for students, scholars and practitioners working in sport psychology, sports therapy, sports medicine or coaching.

Book Information

Paperback: 232 pages

Publisher: Routledge; 1 edition (May 25, 2013)

Language: English

ISBN-10: 0415695899

ISBN-13: 978-0415695893

Product Dimensions: 6.3 x 1 x 9.3 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #375,176 in Books (See Top 100 in Books) #209 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #292 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology #345 in Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

I received what I was promised!

[Download to continue reading...](#)

The Psychology of Sport Injury and Rehabilitation Vestibular Rehabilitation (Contemporary Perspectives in Rehabilitation) Pharmacology in Rehabilitation (Contemporary Perspectives in Rehabilitation) Neurological Rehabilitation, 6e (Umphreds Neurological Rehabilitation) Fundamentals of Sport Management (Human Kinetics' Fundamentals of Sport and Exercise Science) Why Would Anyone Do That?: Lifestyle Sport in the Twenty-First Century (Critical Issues in Sport and Society) Media Relations in Sport (Sport Management Library) Insider's Guide to Graduate Programs in Clinical and Counseling Psychology: 2016/2017 Edition (Insider's Guide to Graduate Programs in Clinical & Counseling Psychology) Barron's AP Psychology, 7th Edition (Barron's AP Psychology Exam) The Psychology of Harry Potter: An Unauthorized Examination Of The Boy Who Lived (Psychology of Popular Culture) Trading Psychology Made Easy: Use These 50 Time-Tested Sayings to Transform Your Trading Psychology Psychology of Sales : From Average to Rainmaker: Using the Power of Psychology to Increase Sales The Memoir of Tina Keller-Jenny: A Lifelong Confrontation with the Psychology of C.G. Jung (Analytical Jungian Psychology) Occupational and Environmental Health: Recognizing and Preventing Disease and Injury (Levy, Occupational and Environmental Health) Occupational and Environmental Health: Recognizing and Preventing Disease and Injury Vision, Perception, and Cognition: A Manual for the Evaluation and Treatment of the Adult with Acquired Brain Injury If I Only Had a Brain Injury: A TBI Survivor and Life Coach's Guide to Chronic Fatigue, Concussion, Lyme Disease, Migraine or Other "Medical Mystery" Helping Teens Who Cut: Understanding and Ending Self-Injury The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book) AMA Guides to the Evaluation of Disease and Injury Causation

[Dmca](#)