



## Turbo Charged Rehab

How Performance Psychology Speeds Rehabilitation of Elite Athletes

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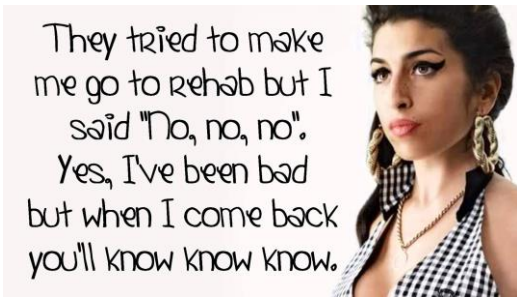
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## Thirsty Horse



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## Fundamentals

- People who **take responsibility** get better results.
- A large part of your progress will be **up to you**.
- **Identify opportunities** to work on other areas.

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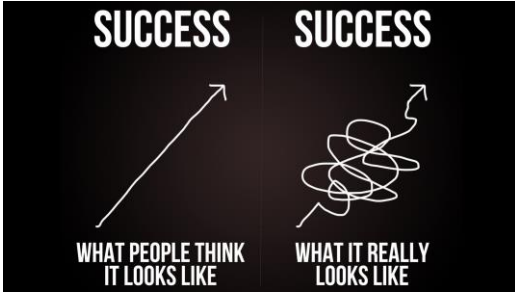
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### Setback plans?




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### If...Then?

- *Implementation Intentions* AKA **If then Plans** or **What If Plans**
- Pick a set back (If x happens )
- Pick a solution (Then I will)

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### Why?

- Ask your self why you want to rehab successfully?
- Describe what a successful rehab process would look like?
- What would you be able to do at the end of the rehab?

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### Who's got your back?



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### How to: Social Support

- Friends and Family. Talk to them about what you are trying to do.
- Social media, show your landmarks, and your setbacks. Video etc.
- Can you do your rehab with a group/ teammates?
- Can you help with other roles at training or comp during rehab? (**Maintain Identity**)

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### Physical & Psych Rehab

- Types of Psych Rehab: Performance and Motivation
- Monitoring of feedback and progress facilitates competency and motivation. Measure (quantify) and record to show improvement.
- Make the rehab with the sport equipment

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## Rusty Returning

- Normal to have a graduated return
- How will you graduate your return from not training to full training to partial performance to full performance to new PB's.
- Triangulate knowledge from different domains.

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## Fear & Loathing

- You might have anxiety about movement. This can be reduced by **graduated repeated exposures**.
- Look out for protective behaviours which might limit rehab or become bad habit.
- Learn how to relax **Physically** and **Mentally!**  
(*Progressive Muscular Relaxation*)

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## Coaches BEWARE/aware

- Your relationship can be buffer or a stressor!
- Choose your words carefully, Don't label and don't use fixed negative terms.
- Highlight positive traits & progress. Know their plan




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### What is an well set goal?

Clear picture of what good looks like (Quality and Quantity).

Broken down into weekly targets

Daily behaviours (actions) with "If then" process around adherence setbacks.

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### How do I help?

I am the feedback tool to make sure you have psychologically correct plans to enhance recovery.

I help optimise through questioning and challenges aimed at your;

1. Plans
2. Behaviours
3. Thoughts
4. Feelings

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### Internet stuff!



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