



This workbook provides a guide to ensuring that psychological aspects of rehab are considered.

This accompanies the Videocast and podcast called **Turbo Charged Rehab**

Detail why you want to Rehab: What will it mean to you and your life to rehab properly?

Describe what a successful Rehab process would look like? Ask the Physio (other support staff) what they see as a successful rehab.

What exactly would you be able to do if you rehabbed successfully? Describe in as much detail as possible?

Implementation Intentions (“If Then” or “What If” Plans)

Pick a foreseeable setback, describe it and how might happens?

Describe what action you can do to deal with it effectively?

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WEEKLY REVIEW of Implementation Intentions (“If Then” or “What If” Plans)

Review each week and identify any successful If Then Plans and also any new setbacks that could be helped by an If Then plan.

Successful If then Plans: Detail when you used it and how it worked.	Setbacks that weren't predicted: Write an If then plan if it comes up again in the coming weeks.



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Social Support

Identify key people (One per row) or key groups of people who will be important over the coming weeks of Rehab for social support.

What things do they do or say that might have a negative impact on your rehab?	What things will they do that will help your rehab? What messages or actions can you take to ensure they are aware of how they can best help?



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Social Support

How could you use social media to motivate yourself? Facebook Instagram Twitter Blogging You Tube

What opportunities can you identify take to rehab or attend training where others will be there so you can experience social support and enhanced motivation?

Are there any other roles you can fill in the club training environment that will help you maintain your connection to the sport while you rehab?



Graduated Return to Performance

When will you know you have exited the Physiotherapy side of rehab?

How will you know that you have made a full return to a normal training? Describe what you would be able to do?

How can you mimic or compete at a lower intensity to assess your progress and ease back in to your previous competition levels? Remember competing contains thoughts feelings and actions reactions and exposure to stress not all of these will be present in the training environment!



Rehab Goals

	Action or movement	Weekly target	Actual Target hit	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



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