

# Helping Your Athletes With Injury

## Injury/Illness Phase

Help the athlete deal with the emotions that accompany the onset of injury.



E.g., talk with the athlete to understand the injury, setbacks and recovery process.

## Rehabilitation and Recovery Phase

Help the athlete sustain **motivation** and **adherence** to rehabilitation protocols.



E.g., set a goal of two days per week to attend physio.

## Return to Full Activity

Support your athlete as they return to training, but remain **cautious of reinjury**.

E.g., give encouragement in a team talk prior to first game back after injury.

