

# **ATHLETE REHABILITATION: Where does it begin and where does it end?**

**Cynthia Miranda  
MS,LAT,ATC**





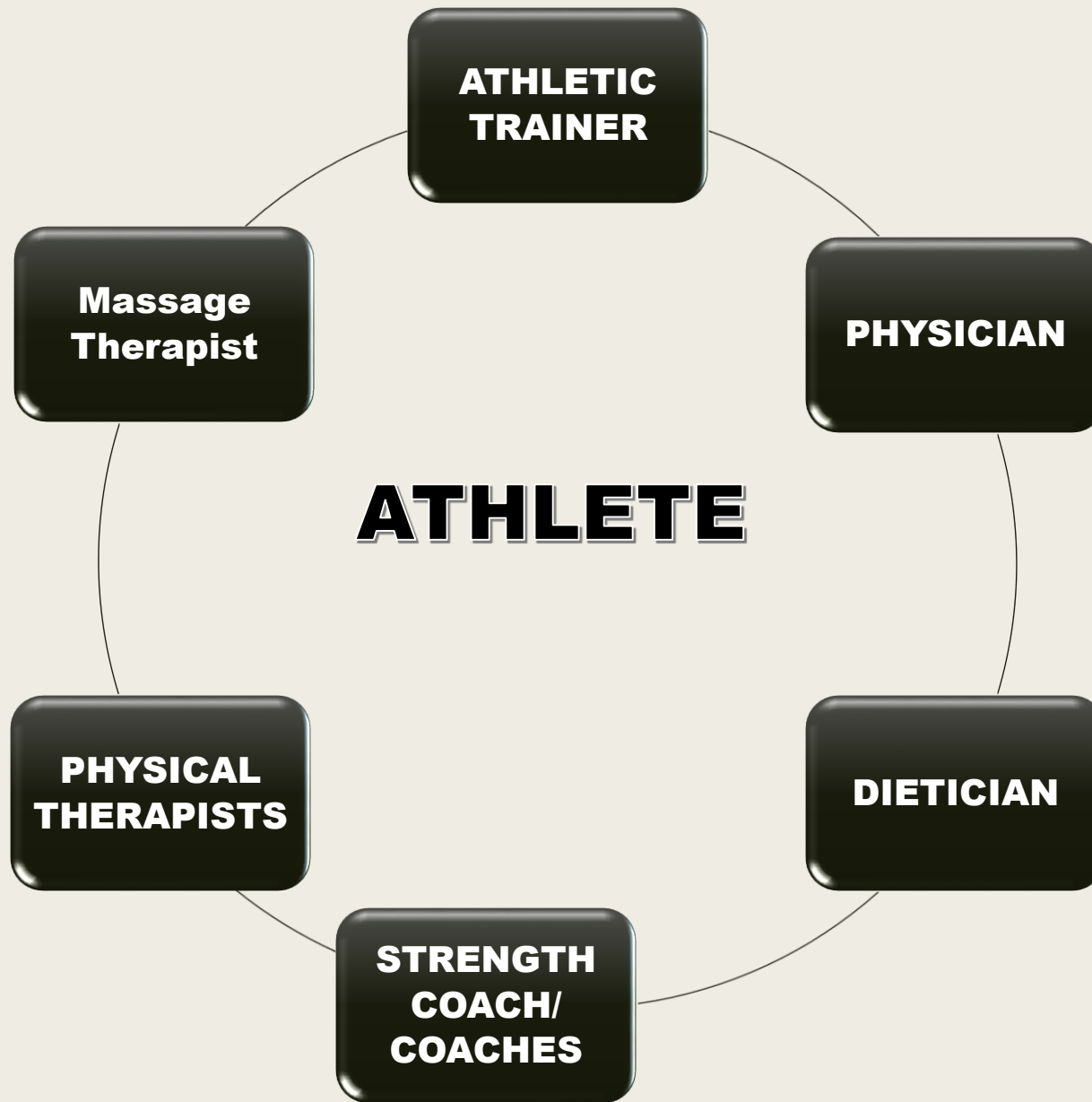
**“ ONE MAN CAN  
BE A CRUCIAL  
INGREDIENT TO  
A TEAM , BUT  
ONE MAN  
CANNOT MAKE  
A TEAM”  
- KAREEM  
ABDUL-JABAR**





# THE ATHLETE

- **Approximately 17 million athletes are injured each year<sup>1</sup>**
- **Injury causes distress to the athlete**
- **Success of recovery is often determined by the athlete's adherence to rehabilitation**





 **Onsite Innovations**  
Smarter Healthcare at Work™



# Athlete Considerations

- **Physical Limitations**
- ✓ **Traumatic**
- ✓ **Non-traumatic**



# ATHLETE CONSIDERATIONS

- **Psycho-social**
  - **Re-injury anxiety**
  - **Poor performance anxiety**
  - **Lack of external/internal support system**





# ATHLETE CONSIDERATIONS

- **Financial**
  - **Pro- Athlete Salary**
  - **College- Scholarship**





# ATHLETE PERCEPTION

- **Athletes have defined expectations of clinicians and coaches**
- **100% effort is expected from providers for full recovery<sup>2</sup>**
- **Athletes will assume you know**



# Building the Foundation...

- **Team players**

- **Needs of the athlete**

- **Thorough history**

- **Determine who your players are**



# Building the Foundation...

- **Understanding your role**
  - **Scope of practice**
- **Determine goals as a team**
  - **Meet with athlete as a team**
  - **Outline phases for Athlete**





# COMMUNICATION



# CONNECTING AS A TEAM

## Time of Injury

- **Initial Evaluation**
- **AT connects with MD,PT, MT; gathers notes, diagnostics, etc.**
- **Convey information to S/C**
- **TEAM MEETING!**

## Nutrition

- **Sports Dietician**
- **Address nutritional needs as rehab progresses**
- **TEAM MEETING!**

## SCHEDULE

- **Providers confirm scheduling with athlete**
- **TEAM MEETING!**



# CONNECTING AS A TEAM

- **Documentation**
  - **Measure/record progress and share with athlete**
  - **Exchange with providers**
- **Be available to the athlete**
  - **65% of athletes are non-compliant due to break down in communication with clinicians**
  - **Feedback is invaluable**



# CONTINUITY OF CARE

## Impact on Athlete

- **Adherence to rehabilitation protocol**
- **Integrated support system through consistency**
- **Successful recovery**







# WHEN DOES REHAB END?



# CONTINUING CARE

- **Maintain connection with athlete**
  - **Follow-up**
- **Establish new goals following rehabilitation**
  - **Movement screening**
  - **Nutrition**
  - **Monitor Progress**





**QUESTIONS??**

# References

**<sup>1</sup> Clement D, Shannon VR. Injured Athletes' Perceptions about Social Support. *Journal of Sport Rehabilitation*. 2011;20(4):457-470. doi:10.1123/jsr.20.4.457.**

**<sup>2</sup>Arvinen-Barrow, M., Massey, W. V., & Hemmings, B. (2014). Role of sport medicine professionals in addressing psychosocial aspects of sport-injury rehabilitation: Professional athletes' views. *Journal of athletic training*, 49(6), 764-772.**

**<sup>3</sup>Marshall, A., Donovan-Hall, M., & Ryall, S. (2012). An exploration of athletes' views on their adherence to physiotherapy rehabilitation after sport injury. *Journal of sport rehabilitation*, 21(1), 18-25.**