

START
here!



Psychosocial Tool Kit

Phase One: Response to Injury

Rehabilitation
Stressor

Interventions

Technology

Sleep
Disturbance

Anxiety
or Fear

- Imagery
- Positive Self-talk
- Education about the healing process

Relaxation
Interventions

- Healing Imagery
- Relaxation techniques
- Diaphragmatic breathing

Sleep: NATA website:

<http://www.nata.org/sites/default/files/sleep-infographic-handout.pdf>

Imagery, sleep, stress management:

<http://hprc-online.org/mind-body>

Mindfulness App:

<https://itunes.apple.com/us/app/the-mindfulness-app-meditation-for-everyone/id417071430?mt=8>

T2 Mood Tracker App:

<https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8>

Mindfulness game:

<http://www.refreshedperspectives.com/positive-thinking-apps/>

Breath 2 Relax App:

<https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>

Tactical Breathing App:

<https://itunes.apple.com/app/tactical-breather/id445893881?amp%3Bmt=8&mt=8>

Life Armor App:

<https://itunes.apple.com/us/app/lifearmor/id499648341?mt=8>

Self Talk/mood App:

<https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8>

Happify App: <https://itunes.apple.com/us/app/happify/id730601963?mt=8>



Check these two videos for relaxation scripts!

Rehabilitation Stressor → Interventions → Technology

Pain



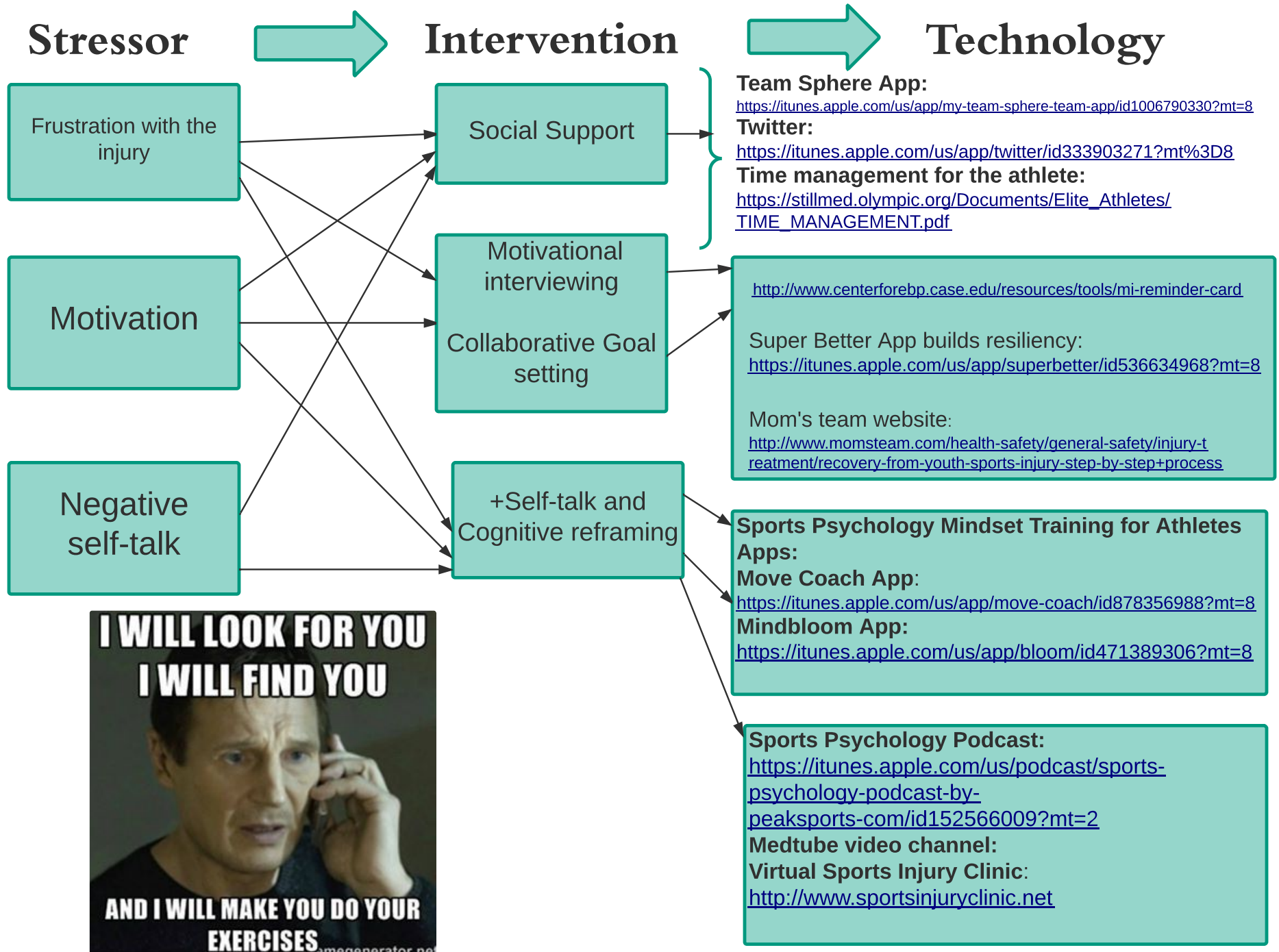
Education
about
Anatomy

Idraw MD app:
<https://itunes.apple.com/app/apple-store/id1024211520?mt=8>
Visible Anatomy App:
<https://itunes.apple.com/us/developer/visible-body/id446207964>
3D4 Medical Images App:
<https://itunes.apple.com/us/app/3d4medical-images-animations/id375325696?mt=8>
NATA website:
<http://www.nata.org/practice-patient-care/infographic-handouts>
Interactive brain web site:
<https://www.traumaticbraininjuryatoz.org/Interactive-Brain>
Surgery videos:
<https://medlineplus.gov/videosandcooltools.html>
Concussion education:
<https://www.cdc.gov/headsup/index.html>

- Education about nutrition
- Education about pain management

Nutrition:
NATA website:
<http://www.nata.org/sites/default/files/injury-recovery-diet.pdf>
NATA website:
<http://www.nata.org/practice-patient-care/health-issues/nutrition>
USDA website: <https://www.supertracker.usda.gov>
Pain: Pain tracker App:
<http://www.webmd.com/webmdpaincoachapp>

Phase Two: Reaction to Rehabilitation



Phase Three: Reaction to Return to Sport/Activity

Interventions

Technology



Performance Imagery
Functional skill progression
Goal setting
Modeling

Affirmation statements

Mindshift App:
<https://itunes.apple.com/us/app/mindshift/id634684825?mt=8>
Filmora App for highlight video and modeling:
<https://itunes.apple.com/app/filmorago-free-video-editor/id1019382747>
Continued use of previous apps for anxiety, goals and stress management.

Pressure to return to sport

Communicate and facilitate relationship between the coach and athlete



Referral to mental health profession if images of their injury interfere with their ADL's or sleep



CHRISTINE ROBINSON