



Psychology of Sport Injury

John Heil

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An injury does more than physically limit an athlete; it also challenges the athlete's mental game and emotional equilibrium. This is a comprehensive guide to treating the psychological consequences of sport injuries. "Psychology of Sport Injury" gives psychologists, physicians, athletic trainers, sport physiotherapists, and other sport medicine specialists the information they need to address the psychological needs of injured athletes. The book advocates a team approach in which all of these professionals work together with the athlete to help him or her successfully return to play. It also includes information on using psychology to help athletes prevent sport injuries.

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