



## Athletes Injury Perception in Rehabilitation and Psychological Readiness: A systematic Review

Nikhil Raj K

Centre for Health Psychology, School of Medical Sciences, University of Hyderabad, Gachibowli, India

### Abstract:

Sports injuries are inevitable and unpreventable even for well-trained athletes. One among eight athletes is found to be injured in the Olympic Games. These injuries not only cause physical deformities but also profoundly elicit negative psychological responses, which impact recovery from injury and the rehabilitation process. A few studies have attempted to understand the injured athlete from a psychological viewpoint. This systematic review evaluates the injured athletes' perceptions of recovery and psychological readiness. The total number of articles 61 was reviewed from different Database between 2000 and 2019. The studies found that negative injury perceptions among the injured athletes are one of the key factors which slow down the recovery process, resulting in re-injury, psychological un-readiness which resulted in increased rates of dropouts from the sports. The review suggested that professional assistance such as coaches and Sports Psychologists are needed in a rehabilitation process, with the tailored rehabilitation program and other methods that can help the athlete to achieve pre-injury state and Return to play.

**Keywords:** athlete, injury Perception, Rehabilitation, Psychological Readiness.

### Biography:

I'm Nikhilraj 25 year old, Pursuing PhD at Centre for Health Psychology, University of Hyderabad. I'm working in the area of Sports Injury and Rehabilitation Psychology. I have presented 2 papers in International Conferences and 1paper in National conference.



### Publication of speakers:

1. Rawalekar, Sachin & Raj, Nikhil & Ghosh, Hiren-dra. (2012). Synthesis and Optical Properties of Type I CdSe/ZnSe Core-Shell Quantum Dot. *Science of Advanced Materials*. 4. 637-642. 10.1166/sam.2012.1331.
2. Khan, Tanveer & Sheoran, Monika & Raj, Nikhil & Jain, Surbhi & Gupta, Diksha & Naik, Sunil. (2017). Screening of biologically important Zn 2+ by a chemosensor with fluorescent turn on - off mechanism. *Spectrochimica Acta Part A: Molecular and Biomolecular Spectroscopy*. 189. 10.1016/j.saa.2017.08.017.
3. Raj, Nikhil & Bhar, Kishalay & Khan, Tanveer & Jain, Surbhi & Perdih, Franc & Mitra, Partha & Sharma, Anuj. (2019). Temperature induced spin crossover behaviour in mononuclear cobalt(II) bis terpyridine complexes. *MRS Advances*. 1-14. 10.1557/adv.2019.166.
4. Raj, Nikhil & Bhar, Kishalay & Jain, Surbhi & Rana, Monika & Khan, Tanveer & Sharma, Anuj. (2019). Syntheses, X-ray structures, electrochemical properties and biological evaluation of mono- and dinuclear N2O2-donor ligand-Fe systems. *Transition Metal Chemistry*. 44. 10.1007/s11243-019-00322-6.

International Conference on Sports Medicine, Physical Rehabilitation & Physiotherapy

**Citation:** Nikhil Raj K; Athletes Injury Perception in Rehabilitation and Psychological Readiness:A systematic Review; Sports Medicine 2020: July 15, 2020; London, UK