

## PRACTICE

# The Injured Swimmer



## 1. Goal setting

What are your goals for the recovery period?

With your treatment plan in place, you should have daily and weekly things to do.

Don't set a specific date for when you want to be healthy again; these things take time. Just how much isn't always clear. Focus on the daily things you are going to do to heal up.

- "I'm going to do my rehab exercises every day when I wake up, and before evening practice."
- "Each weeknight I'm going to go for a 30-minute walk and stretch for an hour to stay loose."

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## 2. Self Talk

By now you are a fifth-degree black belt in the self-talking. Let's put it to use.

What are the negative thoughts you are having surrounding your injury? Now replace them with a positive or neutral response.

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- “I’ll never heal.” → “Other swimmers have had this same injury—and worse!—and came back to 100% health.”
- “I am going to miss out on some serious training.” → “There are other things I can do to stay in shape.”
- “My season is screwed, so what’s the point.” → “It’s never too late; I will recover faster if I do my rehab.”

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### 3. Imagery

There are a few different ways that you can use imagery to help remain optimistic and speed up the recovery process.

Take a few deep breaths to get relaxed. Visualize the mending of your injury. Focus on the dispersing of the pain from your shoulder. Imagine yourself performing at 100% again.

Keep the imagery positive.

Write out some notes to make your imagery as vivid as possible.

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### 4. Train around your injury

In the case of major illness or serious injury, skip this section. For minor(ish) injuries, what can you still be doing while you are away from full training?

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This may seem like an obvious point, but if the activity is going to injure further, **don't do it**. Talk to your coach and physiotherapist regarding what you can do in training and list it out below.

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## 5. Take control of your injury prevention

Lastly, what are you going to do to prevent a similar situation from happening again? Use this particular injury as the catalyst for smarter training in the future by instituting a pre-hab routine, or focusing more on doing the things that you know will help you steer clear of injury (more sleep, warming down all the time, stretching more, etc.).

What is your injury prevention protocol?

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