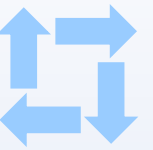


# THE PSYCHOLOGY OF RECOVERY

Keating: The Psychology of Recovery  
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## RESEARCH QUESTION AND THESIS:

- Does an individual's mindset play an important role in their ability to recover from injury?
- Throughout the process of recovery, psychology and mindset play a significant role in determining the extent to which one regains initial ability.

## STATISTIC:

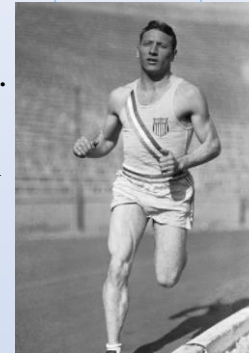
In a cross-sectional study “high fear avoidance was associated with lower physical function. As fear avoidance decreased, physical function increased”.<sup>1</sup>



## THE HEROES OF RECOVERY:

### 1. Glenn Cunningham:

At the age of 8 Glenn was severely burned and faced with the reality that he may not survive and if he did would never walk again. Glenn did live and made the choice not to give up. “June 16, 1934, Glenn Cunningham ran the mile in 4:06.8 minutes, breaking the world’s record”.<sup>2</sup> He did not let the doubts of others prevent him from living the life he wanted for himself.



### 2. Juan Louis Van Der Vyver:

Juan was a 24-year-old told he would never walk again due to a swimming accident. After the accident “Staff at the rehab asked if they could order me a wheelchair for when I went home and I said, ‘No, I believe I will walk again’”.<sup>3</sup> At the age of 27 he was able to walk without additional support.

## MINDFULNESS EXERCISE:

- Box breathing: Breath in for 4 hold at the top for 4 breath out for 4 hold at the bottom for 4 and repeat
- Positive thinking: At the end of the day write down all the positive things that happened in your day and keep a log of them. When you look back you will only remember the good

## CONCLUSION:

- Mindset is a vital part of recovery
- Mindset is important in everyday life
- We can change how we view the world
- How do you view the world and what ways can you change your mindset to better serve you?
- “The only one who can put limits on our personal will is ourselves”(Glenn Cunningham).<sup>2</sup>

## RESOURCES:

1. Fischerauer SF, Talaei-Khoei M, Bexkens R, Ring DC, Oh LS, Vranceanu AM. What Is the Relationship of Fear Avoidance to Physical Function and Pain Intensity in Injured Athletes? *Clinical Orthopaedics and Related Research*®. 2018;476(4):754-763. doi:10.1007/s11999-0000000000000085
2. The power of determination (true story) Motivational Stories. Accessed December 7, 2022. <https://academictips.org/blogs/the-power-of-determination-true-story/>
3. Sulaiman N. MY STORY | I was told I wouldn't walk again but I refused to believe it. You. Accessed December 7, 2022. <https://www.news24.com/you/mystory/my-story-i-was-told-i-wouldnt-walk-again-but-i-refused-to-believe-it-20210505>