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# Effects of Guided Imagery on the Rehabilitation of Sports Injuries

Abby Atchley

Department of Exercise Science, Gardner-Webb University



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## Abstract

**Purpose statement:** This study aims at discovering if there will be effects on an athlete's strength, mobility, and mental state if guided imagery (GI) is used along with standardized rehabilitation of sports injuries.

**Hypothesis:** This study hypothesizes that GI could be used to aid in the rehabilitation process of sports injuries, allowing athletes to return from injury better prepared for the athletic performance.

## Introduction

Rehabilitation is the act of restoring an athlete back to/ better than his or her state at which he or she was in prior to obtaining the injury. Guided imagery (GI) is a mental exercise where a person goes through a movement, motion, or scenario. In 2021, Dr. Rahman and colleges proved the benefits of GI in enhancing basketball players shooting. In 2011, Maddison and colleges studied the effects of GI on functional outcomes of rehabilitating ACLR surgery.

## Methods

**Participants:** 30 athletes with surgical injuries, rehabilitating to return to athletic play. 15 athletes will take part in standard rehabilitation and GI, and 15 athletes will be apart of the control group.

**Rehabilitation:** For this study, the athletes will take part in standardized rehabilitation of the injury the athlete obtained.

**Guided Imagery:** GI protocol will consist of specific biomechanical movements that the participating athlete will encounter on return to their sport. GI sessions will be guided by a proctor and will last for 10 minutes with a standardized 5 minutes relaxation period that will take place for the GI session.

**Results:** Data collection will occur through a survey, range of motion (ROM) testing, and manual muscle testing (MMT). Testing will take place at the beginning, middle, and end of the rehabilitation process.

Honor code: Abigail Atchley



<https://amhsnews.org/1154/sports/sports-at-a-distance/coach-grant-parrs-mental-skills-training/>

## Summary

In conclusion, this study aims at understanding if there are effects of GI on the process of rehabilitating a sports injury. Data will be collected to see if GI effects the mental and physical preparation of athletes for the return to athletics.

## References

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