

Factors affecting your injury rehab

Adapted from the Biopsychosocial Model of Sport Injury Rehabilitation (Brewer et al. 2002).

This infographic has been designed to show you some of the factors that play a part in injury rehabilitation as well as the outcomes it may have on your body and mind.

There are factors on this model that you can control such as your cognitions (thoughts), behaviours and social network. Using this knowledge will equip you with ways to manage your own injury and rehabilitation.

It is equally important that your mind is just as ready to return to playing as your body.

