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Mental training techniques used supportively

in rehabilitation of sports injuries

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**Abstract**

**Objectives**: The modern recovery of athletes from injury is combined with mental training. The end result of these activities is the achievement of physical and psychological readiness to compete. Therefore, the purpose of this study is to outline mental training techniques used supportively in the rehabilitation of sports injuries.

**Scope**: The work falls within the field of medical and health sciences in the discipline of physical culture sciences in the area of sports psychology. This material is a resource for students interested in sports psychology and mental training, and presents the state of practical reports from the Polish sports community from the national team and league levels.

**Methods**: The presented content is a collection of data obtained by the author in his work in combat sports, individual sports and team sports games environment. Some regularities were observed, which allowed to consider selected mental training techniques as universal and effective in supporting injury rehabilitation among athletes.

**Results**: The leading role of attentional, autogenic, autosuggestion, confidence-building and mental resilience, meditation, motivation, relaxation, visualization and imagery techniques was attributed.

**Conclusions**: The recalled techniques do indeed affect the well-being of rehabilitators. Athletes in subjective self-evaluations indicated improved emotional control, increased self-efficacy and sustained positive thinking. The above was confirmed by the author's subjective assessments of the rehabilitated athletes' behavior. Mature - non-nervous - reactions of the athletes to the environment aimed at psychophysical recovery were noted. Positive effects were observed, but their strength was not determined.

**Keywords:** combat sports, individual sports, practical reports, sports psychology, team sports

**Biography**

**Doctoral degree in medical and health sciences in the discipline of physical culture sciences. Associate Professor at Wroclaw University of Health and Sport Sciences. Sports psychologist. Pedagogue. Certified teacher. Education manager. Neurotherapist. Master class karate trainer. Holder of the 8th dan degree in karate. Karate referee. Multiple medalist at the World and Polish Championships in shotokan karate. Organizer of national and international karate sporting events and scientific conferences, trainings and seminars for karate players and coaches. Awarded many times. Author of more than 140 scientific publications. Author of “Karate compendium.” Participant of numerous scientific conferences at home and abroad. Completed 7 scientific internships.**

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