

The Effects of Guided Imagery on the Fear of Re-Injury in Intercollegiate Athletes Who Underwent ACL Reconstruction Surgery

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Background

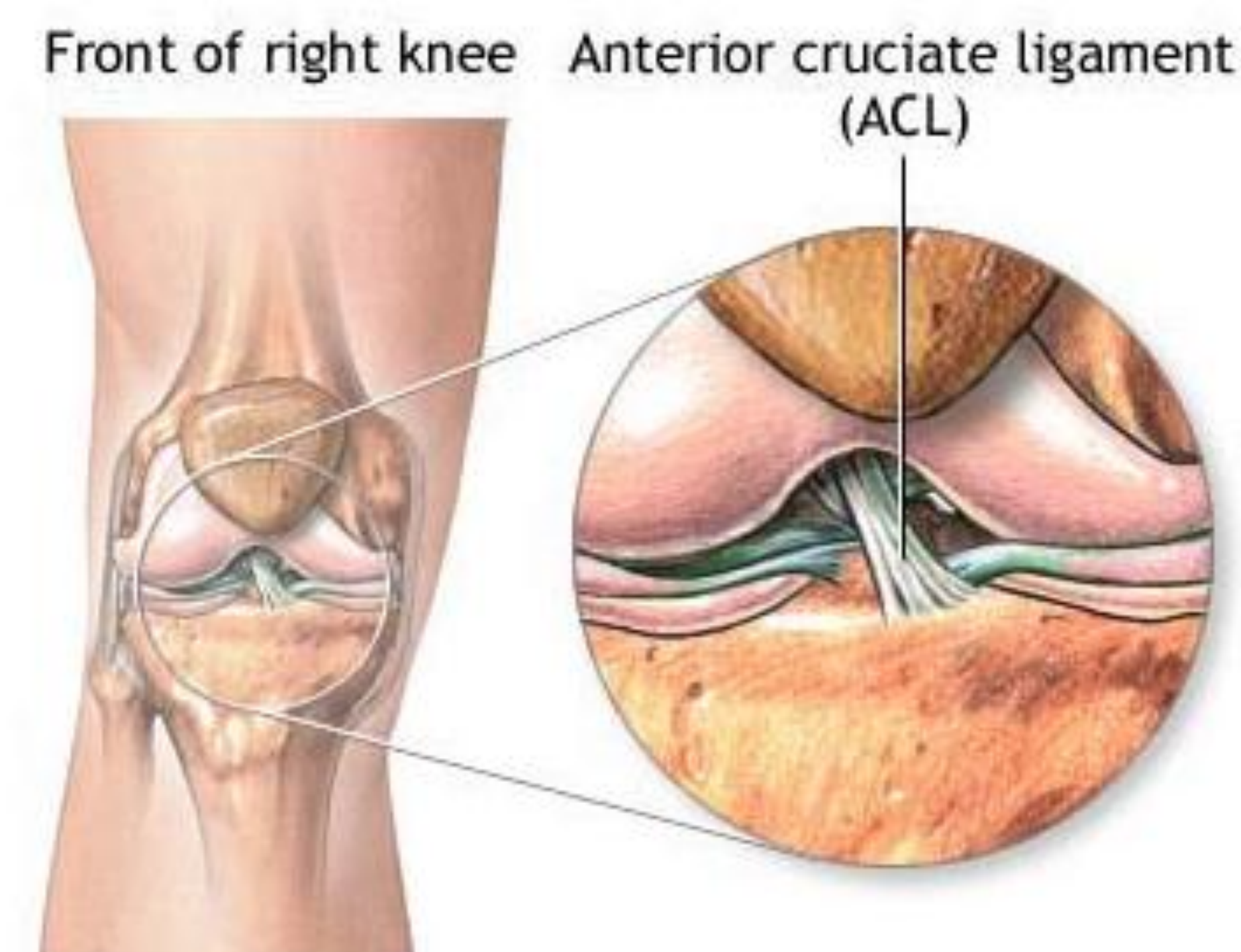
- Over the past two decades, there has been a dramatic increase in anterior cruciate ligament tears (Loudon, Jenkins, & Loudon, 1996)
- An ACL tear can prematurely end an athlete's career (Kvist, Ek, Sporrstedt, & Good, 2005)
- Fear of re-injury, also called kinesiophobia, is a common reason in not returning to sport following surgery (Podlog & Eklund, 2006)
- Flanigan, Everhart, Pedroza, Smith, and Kaeding (2013) found that 38 out of 73 participants did not return to pre-injury activity following surgery due to kinesiophobia
- Kinesiophobia causes anxiety, nervousness, and depression (Podlog & Eklund, 2006)
- Gender, amount of time lapsed from time of injury to surgery, and level of competition the athlete returned to were factors associated with kinesiophobia after ACL reconstruction (Ardern, Taylor, Feller, & Webster 2012)
- Guided imagery is used to manage pain and lower anxiety levels by creating mental images (Mobily, Herr, & Kelley, 1993)
- Guided imagery is the most commonly practiced psychological intervention with injured athletes (Green, 1993)

Our Study

- Can guided imagery decrease kinesiophobia and increase the chance of returning to sport?

Method

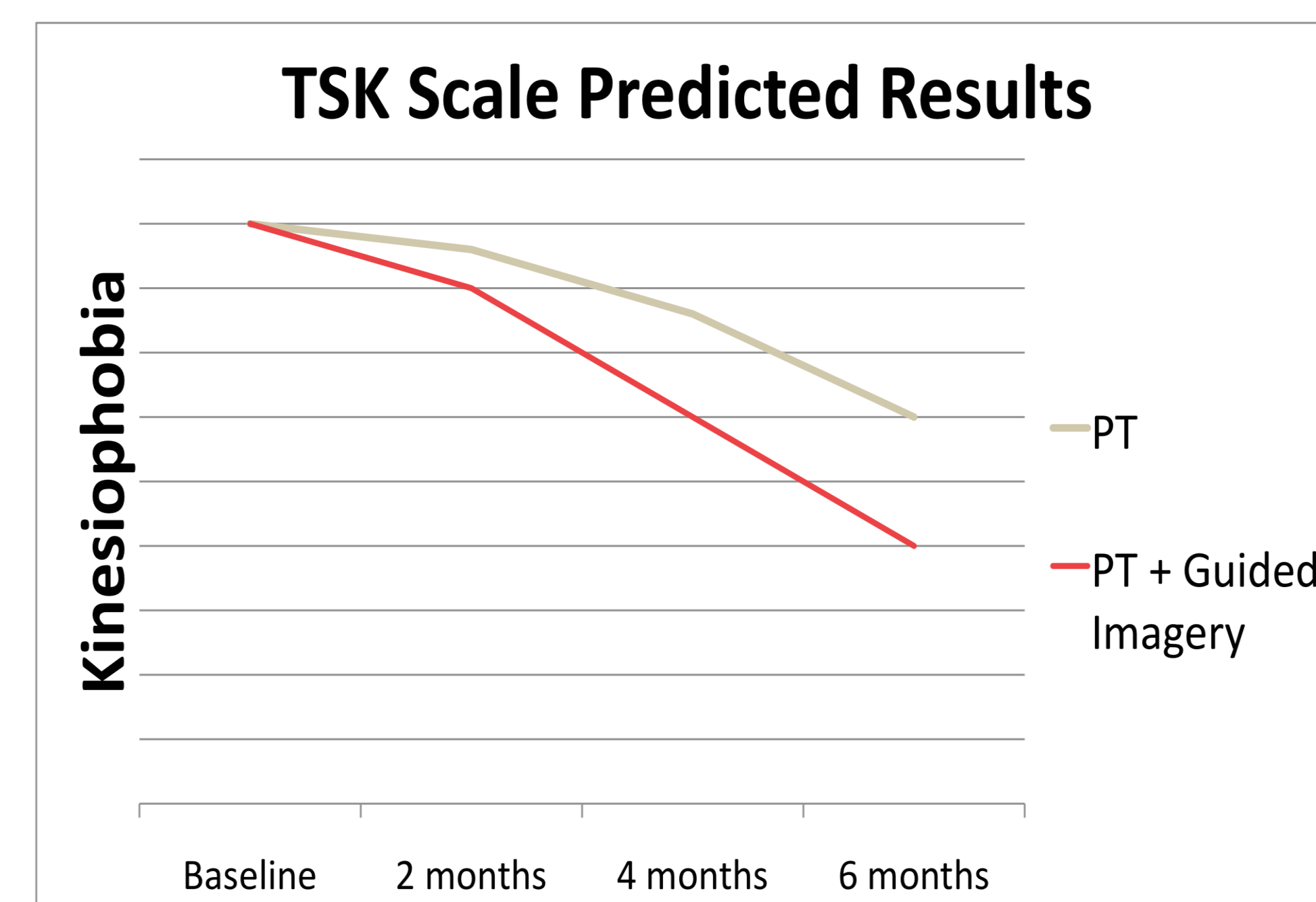
- 1,000 male and female intercollegiate athletes
- Recruited from hospitals in NYC area
- First time ACL injuries
- 500 participants will receive guided imagery with physical therapy
- 500 participants will receive only physical therapy



Keith Monchik, MD, 2010. Retrieved from: <http://www.foundrysportsmedicine.com/our-blog/bid/47663/The-Anterior-Cruciate-Ligament-ACL>

Variables to be Examined

- Measures will be taken at baseline, two, four, and six months post surgery using the Tampa Scale for Kinesiophobia (TSK)
- TSK measures concerns associated with the fear of re-injury (Vlaeyen, Kole-Snijders, Boeren, & van Eek, 1995)
- TSK is a likert scale, where the higher the score, the higher the fear of re-injury (Vlaeyen et al., 1995)
- Sample Question:
I'm afraid that I might injure myself if I exercise
1. Strongly Disagree 2. Disagree 3. Agree 4. Strongly Agree
- A Data analysis using mixed model ANOVA will be conducted to compare means over time



Conclusion

- Lack of attendance to physical therapy sessions can create possible error
- An experimental design is an effective method to compare how guided imagery effects kinesiophobia levels
- If found effective for ACL injuries, guided imagery could be incorporated into other injury rehabilitation processes, therefore decreasing levels of kinesiophobia and increasing the likelihood of an athlete's return to pre-injury level of activity regardless of injury

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