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Taylor Abstract

Title: Psychological Rehabilitation of Sport Injury

Jim Taylor, Ph.D.[1]

[1]Taylor Prime Performance, San Francisco, CA, USA

Keywords: Injury, sports, psychology, emotions, rehabilitation, recovery, return to sport, high performance

I. Abstract Body (up to 250 words)

This workshop will focus on the psychological rehabilitation of sports injury. As any orthopedic surgeon knows, when an athlete sustains a serious injury, the mind can also become "injured." Though most athletes recover mentally from their injuries in the natural course of rehabilitation, many struggle psychologically and emotionally which can slow their physical recovery and interfere with a return to their sport. This workshop will explore key mental areas that impact injury rehabilitation and return to sport. It will also provide many tools that orthopedic surgeons can use to provide their patients with a comprehensive rehabilitation experience that can ensure total physical and psychological recovery and a successful return to their sport.

II. Image:



III. Reference:

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IV. Biography:

Jim Taylor, Ph.D., has worked with healthy and injured professional and Olympics athletes in many sports. He has consulted with the Mayo Clinic, the Stone Clinic in San Francisco, the Aspen Valley Hospital, and the Aspen Fitness and Sports Medicine Institute. A former U.S. top-20 ranked alpine ski racer, Dr. Taylor is a certified tennis coach, a 2nd degree black belt in karate, and a sub-three-hour marathoner, and an Ironman triathlete. Dr. Taylor is the lead author of *Psychological Approaches to Sports Injury Rehabilitation* and the soon-to-be published *Comprehensive Sports Injury Management*.

V. Presenting author details



Full Name: Jim Taylor, Ph.D.
Contact number: 415.322.8425
Twitter account: Linked In account:
Session name/ number:
Category: Workshop
Passport Number:

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Company Registration No: 201524282R,28 MAXWELL ROAD, #03-05 RED DOT TRAFFIC, SINGAPORE (069120)

Tel: +1-302-231-6756 ; +6531080483| Toll Free no. +800-852-6126

Web: https://www.meetingsint.com/conferences/orthopedics | E-mail orthopedics@meetingsintl.net