



WHEELCHAIR
BASKETBALL
CANADA

Psychological Recovery Modalities

Judy Goss, PhD
Mental Performance Consultant

Recovery



WHEELCHAIR
BASKETBALL
CANADA

- Recovery is the **psychosociophysiological** process of eliminating fatigue and regaining vitality.
- Eliminate stress by an active personalized process that takes place to re-establish psychological and physiological strength.
- Optimal **training** must allow for optimal **recovery** in order to achieve optimal **performance**.

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

- Recovery is an active process
- Under recovery or poor recovery contributes to stress, staleness and burnout

I am an Academy athlete

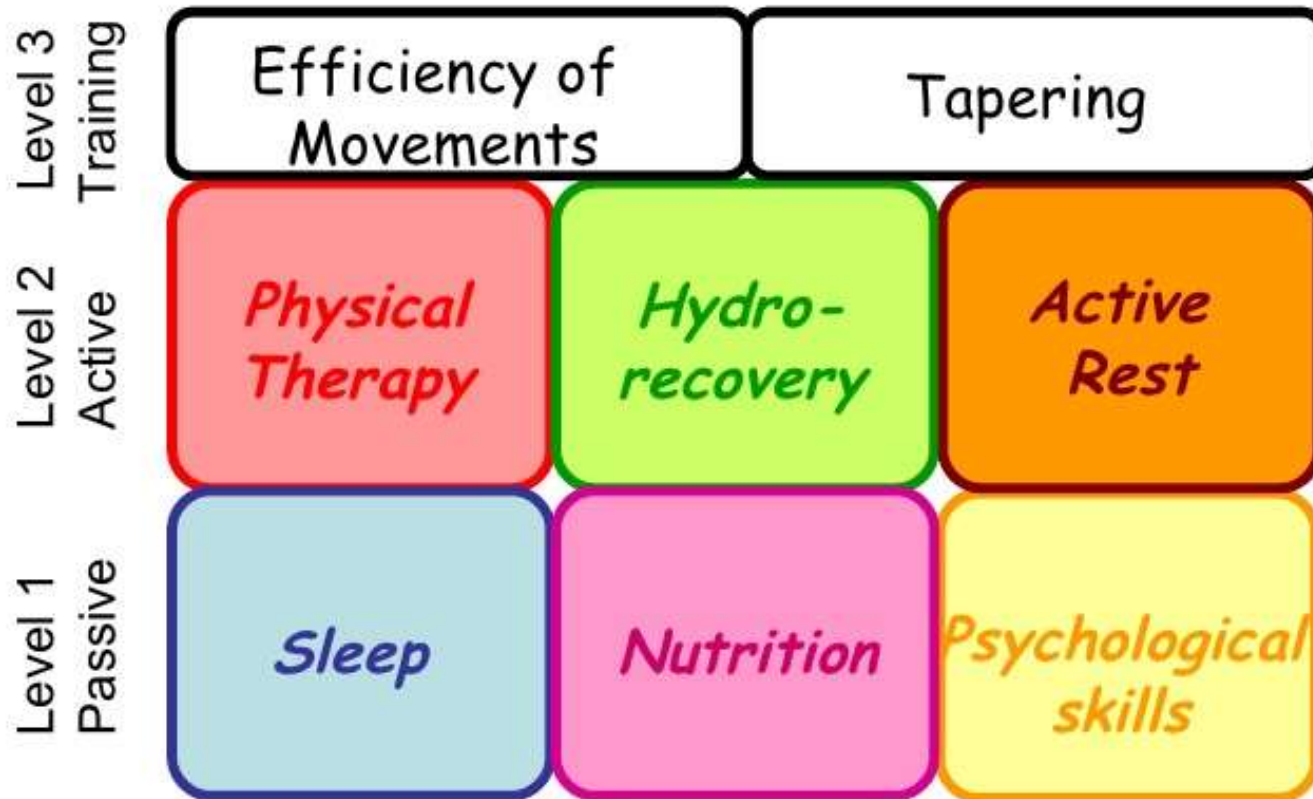
IT'S HALF
EMPTY.

IT'S HALF
FULL.

WHAT ON EARTH IS
THAT DOING THERE
WITHOUT A COASTER?



Recovery Strategies



I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Athlete's Plan for Recovery

- Yearly Training Plan
 - Competitions
 - Skill building
 - School/Work
 - Off season ? Is there one?

***Where does
recovery fit in?***

I am an Academy athlete

Planning your recovery



WHEELCHAIR
BASKETBALL
CANADA

- Relaxation Skills – maximize your ability to relax – physically and mentally, meditation and visualization
- Emotional Recovery – doing things that are enjoyable and satisfying, mood lifting activities
- Sleep Plan – based on the schedule when will you be sleeping and stick to it
- Nutrition – based on schedule and what is necessary

I am an Academy athlete

Planning your recovery



WHEELCHAIR
BASKETBALL
CANADA

- Physiological Loading – when will be the tough days – start to plan, set your goals, be clear on expectations
- Emotional Support – what do they need, who can they depend on, team mate support
- Debriefing – evaluate performance & provide next focus and realistic goals

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Recovery Strategies or Methods

I am an Academy athlete

Recovery Tools



WHEELCHAIR
BASKETBALL
CANADA

Sleep

- Most under rated recovery tool
- 7 -9 hours adults and 8 -10 hours for kids
- Brief naps are beneficial
- Dreaming is beneficial to stress reduction



I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

RESEARCH

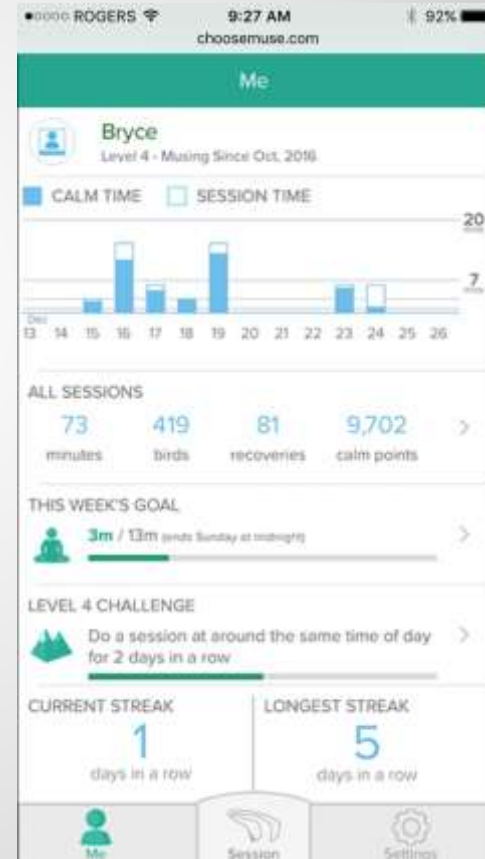
- Training Schedule
 - Inability to properly recover
 - Long days for Paralympians
- Methods of Recovery (3 types)
- Physiology
 - Salivary cortisol
- Psychology
 - Perception of recovery/fatigue

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Muse Headband



I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Recovery Pod





WHEELCHAIR
BASKETBALL
CANADA

Athlete Lounge



I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

METHODOLOGY

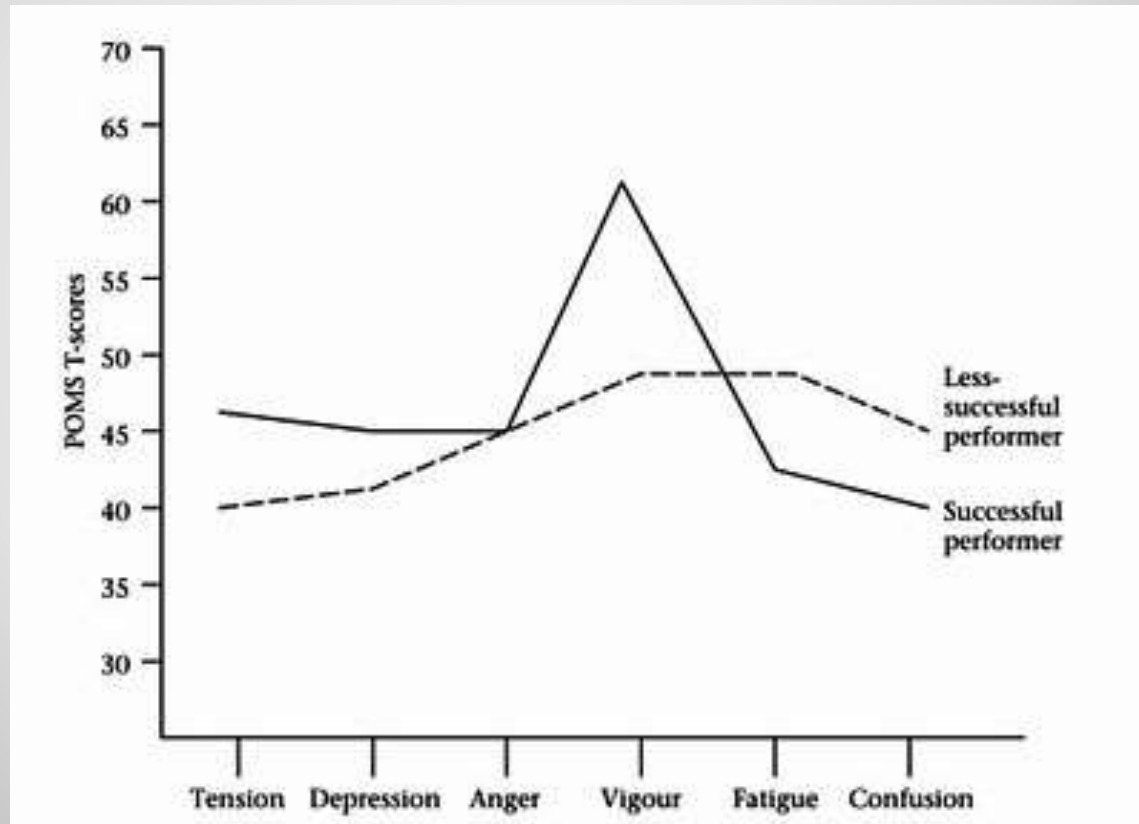
- Salivary cortisol (baseline) and psychological survey were completed (pre and post)
- Each athlete participated in 3 types of recovery
- After a 2 hour training session in the morning

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

POMS (Profile of Mood States)



Results

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

- There was a significant difference when using recovery tools and sitting in athlete lounge
- Decrease in feelings of tension, anger and confusion with Recovery Pod
- Decrease in feelings of tension, anger, confusion and fatigue with Muse headband



WHEELCHAIR
BASKETBALL
CANADA

"Boy, I feel a lot better in the recovery pod or doing the Muse than sitting and listening to my teammates bitch in the lounge."

I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Inner Balance



I am an Academy athlete



WHEELCHAIR
BASKETBALL
CANADA

Key Learnings

- Awareness
- Monitoring
- Different modes
- Practice
- Planning
- Results

I am an Academy athlete