

MINDFULNESS IN REHABILITATION

Mindfulness is a practice that aims to bring increased awareness to thoughts, feelings, or bodily sensations. The practice of mindfulness is often done by bringing attention to breathing and expanding attention to the body.¹ Mindfulness has been reported to have a role in sports medicine and with athletes to support overall wellbeing, enhance athletic performance, and to promote injury prevention and post-injury recovery.²



RESOURCES

- **NIH:** [Meditation and Mindfulness: What You Need To Know](#)
- **Mindful.org:** [Guided Meditations](#)
- **NATA Now Blog:**
 - [Assisting Athletes With Anxiety on Game Day](#)
 - [Apps for Mental Health](#)

NATA FOUNDATION GRANT FUNDED RESEARCH

Shelby Baez, PhD, ATC

"The GEMM Trial: Graded Exposure and Mindfulness Meditation for Patients Post-ACL Reconstruction". *Project in progress - more to come!*

Steven Westereng, PhD, LAT, ATC & Erin Haugen, PhD, LP, CMPC

"Ready, Set, Return: Improving Psychological Readiness for Return to Sport Post-Injury". *Project in progress - more to come!*



MINDFULNESS USED IN PRACTICE

- Can be practiced individually or in groups.
- Can be practiced in any quiet space.
- Can be done in short pauses in everyday life or incorporated into daily activities.
- May improve pain, coping, anxiety, stress, and depression.

from RECENT ARTICLES

"Adding Mindfulness Practice to Exercise Therapy for Female Recreational Runners with Patellofemoral Pain: A Randomized Controlled Trial" *Bagheri et al, 2020*. After an 8-week mindfulness program integrated into an 18-week exercise program, female runners with PFP syndrome showed a greater improvement in the reduction in pain during running, stepping down and functional limitations when compared to their female counterparts in the exercise only group. Additionally, after the exercise program was completed, greater improvements were still present for the mindfulness group at a 2-month follow.

"Current Clinical Concepts: Integration of Psychologically Informed Practice for Management of Sports-Related Injuries" *Baez, et al, 2023*. Athletic trainers can employ a multitude of mindfulness and relaxation training to mitigate painful and fearful experiences post injury. For example, athletic trainers can use mobile apps, focused attention mindfulness, open monitoring mindfulness or diaphragmatic breathing in their clinical practice.

"Evidence Review for Preventing Osteoarthritis After an Anterior Cruciate Ligament Injury: An Osteoarthritis Action Alliance Consensus Statement" *Driban et al, 2023*. Chronic pain can often occur after an ACL injury, mindfulness may improve the pain, pain coping, anxiety, stress, depression, kinesiophobia, quality of life, physical function, postural control, and responsiveness to other therapies.

"Mindfulness Matters: Use and Perceptions of Mindfulness Practices Among Athletic Trainers" *Goodman et al, 2022*. Athletic trainers used mindfulness practices more frequently for self-care than patient or client care and perceived mindfulness practices more important for self-care. Therefore, athletic trainers should explore resources with their institutions' counseling and HR centers to assist with patient or client mindlessness-based programs.

References

1. NIH. Mindfulness for Your Health. NIH News in Health. June 2021. Accessed January 30, 2024. <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>.
2. Anderson, Scott A. MS; Haraldsdottir, Kristin PhD; Watson, Drew MD, MS. Mindfulness in Athletes. *Current Sports Medicine Reports* 20(12):p 655-660, December 2021. | DOI: 10.1249/JSR.0000000000000919.

*SOR: Strength of Recommendation [Learn more.](#)

