

IMAGINING THE PAIN AWAY

The effects of imagery on ankle sprains



Original Research
Christakou, A., and Y. Zervas. The effectiveness of imagery on pain, edema, and range of motion in athletes with a grade II ankle sprain. *Physical Therapy in Sport* 8:130-140, 2007.

THE EGYPTIAN NATIONAL WEIGHTLIFTING CHAMPION JUST DISLOCATED HER ELBOW IN THE SNATCH. COULD VISUALIZING HEALING SPEED UP HER RECOVERY TIME?

Injuries hurt. They not only hurt physically, but they also hurt your performance. They take time away from training, and even if you can train with an injury, you may have to reduce your training intensity and volume and take extra rest periods. Therefore, if you are injured, you will want to do everything you can to heal as quickly as possible. While you can obviously do physical things to heal faster, like certain rehabilitation exercises, the question is whether there is anything you can do in your own head. There is no doubt that the mind can have a powerful effect on the body in certain situations. Can the mind influence a sport injury as well?

Power Key: imagery, relaxation, edema, pain, range of motion