THE AFFECT OF INJURIES ON A SPORT PERSONS MOTIVATION TO RETURN TO SPORT
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Acknowledgements</td>
<td>i</td>
</tr>
<tr>
<td></td>
<td>Abstract</td>
<td>ii</td>
</tr>
<tr>
<td></td>
<td><strong>CHAPTER I</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>INTRODUCTION</strong></td>
<td></td>
</tr>
<tr>
<td>1.1</td>
<td>Return to Sport Following Serious Injury</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>CHAPTER II</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>LITERATURE REVIEW</strong></td>
<td></td>
</tr>
<tr>
<td>2.1</td>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>2.2</td>
<td>Psychological Responses to Injury</td>
<td>4</td>
</tr>
<tr>
<td>2.3</td>
<td>Motivation</td>
<td>9</td>
</tr>
<tr>
<td>2.4</td>
<td>Social Support</td>
<td>13</td>
</tr>
<tr>
<td>2.5</td>
<td>Goal Setting</td>
<td>15</td>
</tr>
<tr>
<td>2.6</td>
<td>Research Conducted by Podlog and Eklund</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td><strong>CHAPTER III</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>METHODOLOGY</strong></td>
<td></td>
</tr>
<tr>
<td>3.1</td>
<td>Introduction</td>
<td>20</td>
</tr>
<tr>
<td>3.2</td>
<td>Participants</td>
<td>21</td>
</tr>
</tbody>
</table>
CHAPTER IV
RESULTS & DISCUSSION

4.1 Introduction 29
4.2 Motivation 29
4.3 Psychological Responses 32
4.4 Autonomy 34
4.5 Competence 36
4.6 Relatedness 39
4.7 Practical Implications 42
4.8 Methodological Considerations 43
4.9 Future Directions 43

CHAPTER V
CONCLUSION

5.1 Main Findings 45
APPENDICES

APPENDIX A. Exemplar Interview Transcription (Subject 1 – Time Phase 1 - Pilot)

APPENDIX B. Informed Consent Form

APPENDIX C. Exemplar Coded Interview Transcription (Subject 1 – Time Phase 1)

APPENDIX D. Exemplar Categorised Data (Subject 1 - Time Phase 1)

APPENDIX E. Categorised Data across Cases (Time Phase 1)

LIST OF FIGURES AND TABLES

Figure 1. Integrated Model of Psychological Response to the Sport

Table 1. Participant Information
ACKNOWLEDGEMENTS

Thanks to Ian Mitchell for his guidance and support regarding this research project.

Thanks to my Mum, Colin, Mark, Matthew and Dad for their continued support throughout my university journey along with my Fiancée and her family for their support and being their in times of need.

Last but not least, thank you to all subjects who participated in this research study.
The purpose of the current longitudinal study was to examine competitive athlete’s motivational responses to serious injury. In-depth semi-structured interviews were used to investigate the experiences of competitive athletes [N = 4] throughout recovery. As a result of content analysis, a number of emergent themes were reported including changes in motivation levels and psychological responses throughout recovery. Deci and Ryan’s (1985) Self-Determination Theory was used to provide a framework for discussion purposes, in particular the need for autonomy, competence and relatedness. Important practical implications emanated, in particular, the use of goal-setting from injury onset in order to promote motivation and the importance of support providers for the injured athlete.
CHAPTER I

INTRODUCTION
1.1 Return to Sport after Serious Injury

“I had lost a lot of confidence during the long layoff. And for a long time after I returned, I still held back. All I could think about was protecting my knee from another injury.” Earvin “Magic” Johnson (cited in Taylor and Taylor, 1997, p. 273).

This quote provides an insight into the psychological aspect of a return to sport following serious injury and has gained interest with many researchers (Andersen, 2001; Bianco, 2001, Gould, Udry, Bridges, & Beck, 1997; Taylor & Taylor, 1997). It has been documented that physical and psychological readiness to return to sport after injury are not necessarily synonymous (Crossman, 1997; Ford & Gordon, 1998). As such, the number of returning athletes who are physically ready but not psychologically ready to return to competition may also be on the rise (Podlog & Eklund, 2006). The existing literature on the return to sport following injury reveals that this transition may be difficult (Podlog & Eklund, 2006). Anecdotal and clinical reports indicate that athletes returning from injury tend to have fears about re-injury (Rotella, 1985), problems associated with feelings of isolation from team mates and coaches (Ermler & Thomas, 1990), concerns about performing up to pre-injury levels (Crossman, 1997) and pressures to return to sport (Taylor & Taylor, 1997). These concerns could have an impact on an athlete’s motivation to adhere to rehabilitation programs and attend rehabilitation sessions (Brewer, 1994).
Of the psychological factors that have an impact on adherence, motivation is the most effective (Brewer, 1994). Motivation in injury rehabilitation means being able to produce persistent effort in the face of adversity, including pain, fatigue, frustration, setbacks and the desire to do less unpleasant activities (Taylor and Taylor, 1997). Many psychologists have advocated the need to address motivational concerns to ensure the quality of injury recovery (Grove and Gordon 1992; Pollard, 1994).

Recently more qualitative studies have become prevalent. Bianco, Malo and Orlick (1999) and Gould et al. (1997) adopted a qualitative method while examining the psychological aspects of a return to competition following serious injury with US and Canadian national team skiers. It was concluded that the experience of injury is very similar to that of illness. Bianco et al. (1999) reported results that injury was a stressful event for the skiers interviewed and the amount of disruption varied between the skiers throughout recovery. Bianco et al.’s (1999) yielded other findings, the skiers experiences spanned three distinct phases, the injury phase, the rehabilitation phase and the return to full activity phase. Each phase posed different challenges for athletes.

Athletes commonly experience difficulties in three psychological areas when it comes to their return to sport following serious injury: autonomy, competency and relatedness (Podlog and Eklund, 2007). Given the focus on these areas, Self-Determination Theory may be a particularly useful framework for interpreting and understanding athlete’s experiences in returning to sport after injury (Podlog and Eklund, 2007). Although motivation has been reported to be an important factor in expediting the athlete’s return to competition after injury, a gap exists in the relevant
literature. In order to address this, Podlog and Eklund’s (2006) research has provided an insight into motivation when returning to competition from a serious injury. The current longitudinal study adopted a similar approach to that of Podlog and Eklund and specifically addressed how injuries affect an athlete’s motivation to return to their sport.
CHAPTER III

METHODOLOGY
3.1 Introduction

In recent years there has been a significant increase in the amount of qualitative research conducted within sport psychology, with the aim of gathering rich and detailed information from the perspective of the subject in order to understand the context or situation in which the experience takes place (Hardy et al., 1996). Specifically in this area of qualitative research, interviews are conducted to obtain direct quotations from subjects about their experiences (Patton, 2002). The current study adopted a qualitative approach with the use of in-depth semi structured interviews which may allow subjects to reveal their feelings and behaviours that may not be apparent, as suggested by Gratton and Jones (2004). The current study will also adopt a longitudinal approach by interviewing athletes on repeated occasions across time which provides the opportunity to examine changes in athlete’s perceptions across time and to compare these perceptions across cases (i.e. subjects) (Podlog and Eklund, 2006). Podlog and Eklund (2006) adopted a longitudinal qualitative study design when examining competitive athletes’ return to sport following serious injury. The use of a longitudinal study design is a methodological improvement over previous research that has looked at a single interview approach in which athletes were asked to reflect upon injuries occurring up to 16 years previous (e.g. Bianco et al., 1999) because it enables subjects to reflect upon their return to sport experiences close to when they actually occurred, which could minimise recall bias (Podlog and Eklund, 2006). The methodology will begin with a description of how participants were selected and why followed by a description of instrumentation used which will justify the use of interviews. A description of the procedures adopted then follows which demonstrates where, when and how data was collected. The method finishes by
describing and justifying the techniques used for analysing the raw data produced in
the interviews.

3.2 Participants

The current study comprised a purposeful sample of four subjects. Even though the
sample size is small, Patton (1990) stated that ‘There are no rules for the sample size
in qualitative enquiry.’ (p. 184). Purposeful sampling involves the selection of
‘information-rich’ cases that enable the researcher to address the research question
(Patton, 2002). Criterion sampling was used to select information-rich cases according
to predetermined criteria (Patton, 2002). Firstly the four athletes had to have sustained
a ‘serious’ injury which kept them out of training or competition as a consequence of
their injury for four weeks or more [M = 4.25 SD = 0.5]. A time loss of 21 days or
more has been the criteria used to denote injuries as serious in previous sport injury
studies (e.g. Bianco, 2001). Each athlete suffered different injuries; subject one
suffered a torn adductor muscle in his leg, subject two suffered from arthritis in his
big toe, subject three suffered from an unstable cartilage in his knee and subject four
suffered from back spasms and joints out of place in his back. All participants were
football players that spend a number of hours training each week [M = 7 hours/week,
SD = 3.5]. All demographic and subject injury information is provided in Table 1.
<table>
<thead>
<tr>
<th>Subject No</th>
<th>Age</th>
<th>Sport</th>
<th>Level of participation</th>
<th>Injury</th>
<th>Length of absence</th>
<th>Hours commitment to sport per week (before injury)</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>23</td>
<td>Football</td>
<td>Amateur</td>
<td>Torn Adductor Muscle</td>
<td>5 weeks</td>
<td>5 hours</td>
</tr>
<tr>
<td>Two</td>
<td>33</td>
<td>Football</td>
<td>Semi-Professional</td>
<td>Arthritis in Big Toe</td>
<td>4 weeks</td>
<td>11.5 hours</td>
</tr>
<tr>
<td>Three</td>
<td>27</td>
<td>Football</td>
<td>Amateur</td>
<td>Unstable cartilage in knee</td>
<td>4 weeks</td>
<td>3.5 hours</td>
</tr>
<tr>
<td>Four</td>
<td>24</td>
<td>Football</td>
<td>Amateur</td>
<td>Muscle spasms in back and joints out of place</td>
<td>4 weeks</td>
<td>7 hours</td>
</tr>
</tbody>
</table>
3.3 Interview Guides

A semi-structured interview guide with open ended questions was developed (APPENDIX A) from a critical review of the sport-injury literature with the aim of examining the research question. Three interview guides in total were developed to reflect the temporal aspect of the current study design. For example, interview one focused on the early phase of rehabilitation, interview two examined the mid-phase of rehabilitation, whilst the third interview reflected the latter stages of recovery in relation to the return to competition. Once developed, the thesis supervisor, experienced in qualitative interviewing, scrutinized the interview guides with regard to content, structure, and the wording of questions. Each interview consisted of a number of sections, exploring their motives to compete and return to their sport beginning with demographic questions to build a rapport with the subject prior to progressing through the other sections (APPENDIX A). Probes were used throughout each interview where necessary to enhance the depth of responses and the richness of the data (Patton, 2002). In order to obtain methodological rigour in qualitative research Lincoln and Guba (1985) state that qualitative research should be judged by its “trustworthiness”. The criteria for trustworthiness include establishing credibility (internal validity), transferability (external validity), dependability (reliability) and conceivability (objectivity) (Lincoln and Guba, 1985).

Validity can also be known as ‘trustworthyness’. Silverman (2000) describes validity as another word for truth. More specifically there is internal and external validity, which refer to as credibility and transferability, respectively (Lincoln and Guba, 1985). Internal validity may be defined as “the extent to which variations in an
outcome (dependent) variable can be attributed to controlled variation in an independent variable” (Lincoln and Guba, 1985, p. 290). External validity refers to “the approximate validity with which we infer that the presumed causal can be generalised to and across alternate measures of the cause and effect and across different types of persons, settings, and times” (Lincoln and Guba, 1985, p. 291).

They are negatively correlated to each other. For instance tight controls to enhance internal validity will reduce the generalisability of the results therefore reducing the external validity. Alternatively the more emphasis on external validity will result in less control over the situation and key variables therefore reducing internal validity. A number of factors were addressed in the current study in order to ensure validity was maintained, the author built a personal relationship with all subjects, therefore enhancing honesty and decreasing obtrusiveness. The current thesis supervisor consulted with the present author regarding methodological and data analyses during the course of the investigation. Each interview was recorded fully and transcribed verbatim and is available from the author. In the discussion section detailed quotes from the subjects are provided, thereby providing a way for the reader to judge transferability.

Reliability (or dependability) concerns the consistency of a measure, or repeatability of that measure (Lincoln and Guba, 1985). More specifically there is internal and external reliability where external reliability refers to content of the data and internal reliability refers to inter-observer agreement (Lincoln and Guba, 1985). A number of factors were addressed in the current study in order to ensure reliability was maintained, including the production of a standardised interview guide for all interviews with the same questioner conducting all interviews to ensure of
consistency. Pilot studies were conducted allowing the researcher to become familiar with the dictaphone and conducting interviews. Another reason for conducting the pilot study was to make any necessary amendments to the interview guide in order to extract the information needed from subjects however, following the pilot study no amendments were necessary and the pilot study subject became the first subject of this research project. Another factor addressed was the examination of the methods and procedures used in this study and the results obtained; these factors were examined by the author and the thesis supervisor.

3.4 Procedure

All athletes were recruited by contacts at local football clubs in the Cwmbran and Newport area along with contacts at the University of Wales Institute Cardiff. At the outset of the study, athletes were informed of their rights as study subjects; each athlete agreed to participate and signed a consent form with their contact details (APPENDIX B). Interviews were conducted in a private setting with complete privacy. Participants were interviewed on three separate occasions; all interviews were tape-recorded with interviews lasting for approximately 45 minutes. The first interview took place at the time of the athlete’s injury prior to rehabilitation; this interview aimed to distinguish how motivated the athletes felt to return to sport just after experiencing their injuries, following the discovery of the full extent of their injuries. The second interview was when subjects were half way through their recovery process, this interview aimed to find out how the athlete coped since their injury setback and the athletes thoughts on how their rehabilitation is progressing, the athletes motivation to return to sport will again be investigated to distinguish whether
there is any change since the first interview at injury onset. The third interview was at the end of their rehabilitation program with the athletes being able to return to competition, but prior to first competitive action following their injuries. Conducting three interviews at specific times during the athlete’s rehabilitation minimised the chance of recall bias. All interviews were recorded using a Dictaphone. The purpose of this interview was to compare motivational levels with the athletes ready to return in comparison to their motivation levels during their rehabilitation process. The third interview also intended to establish whether the injured athletes perceive they were fully physiologically and psychologically ready to return.

3.5 Data Analysis

The essence of any analysis procedure must be to return to the research question and begin to sort and evaluate the information gathered in connection with the question posed and the concepts identified (Veal, 1997). Audio recordings of the 12 interview sessions (3 interviews per participant) were transcribed verbatim. After reading the transcribed interviews on many occasions, analytical notes were made and connections between significant themes were recorded. Conducting multiple interviews with the injured athletes helped contextualise the events discussed and provided the opportunity to examine changes in athlete’s perceptions regarding their return to sport. The credibility of the findings was also verified by asking the participants whether the list of themes identified accurately reflect their experiences.
This process of analysis adopted in the current study involved a number of important steps: Raw data themes (i.e., quotes or paraphrased quotes) from the transcripts were read and re-read by the author to ensure a sound knowledge of the data making sure they made complete sense and were then compiled, which included responses from all subjects. The author also listened to each tape recording, paying attention to tone of voice and pauses. There are many forms of analysis that can be considered including inductive and deductive data analysis (Lincoln and Guba, 1985). Inductive data analysis involves making sense of the field data (Lincoln and Guba, 1985). Inductive data analysis is similar to content analysis, a process aimed at revealing embedded information and making it clear (Lincoln and Guba, 1985). In order to do this two sub-process are involved, these terms are termed unitising and categorising. Unitising is a process of coding, where raw data is transformed and aggregated into units which permit precise description of relevant content characteristics (Lincoln and Guba, 1985). Categorising is a process where previous unitised data is organised into categories that provide descriptive information about the context or setting from which the units were derived. The classifying and coding of qualitative data produce a framework for organising and describing what has been collected during fieldwork (Patton, 2002). Deductive analysis begins with theoretically based hypotheses and confirms them by reference to some body of data (Lincoln and Guba, 1985). “The data to be sought are defined a priori by the hypothesis to be tested, deduced from them as the hypothesis themselves were deduced from priori theory” (Lincoln and Guba, 1985, p. 333). Inductive data analysis was adopted in this study where common themes within the transcriptions were coded (APPENDIX C) and categorised into groups (APPENDIX D), that the author felt would be best in order to answer the research question. Once the analysed data was categorised for each subject, the groups
of data will be placed together so the current author could investigate experiences across cases (APPENDIX E).

3.6 Summary

Following the collection and analysis of the data the results were then considered and integrated into a discussion section in order to enhance the coherence of the discussion.
CHAPTER V

CONCLUSION
5.1 Main Findings

The present study concludes that injured athletes levels of motivation appeared to increase from injury onset to full recovery. Athletes felt amotivated due to their disappointment of being injured, but once they got over the initial disappointment the athletes concentrated their efforts on returning to sport. Even though athletes in this study did not feel in control over their injuries, they fulfilled their need for autonomy by taking control of the date that they were to return to their sport. With respect to competence, previous literature indicates goal-setting as a primary vehicle to promote competence in injured athletes, goal-setting was not used effectively by all subjects in this study however, all subjects in the current study had successful returns to sport. All forms of social support received were facilitative towards the injured athlete’s ability to cope and previous injury experience also provided a platform to fulfil the athletes need for competence. Social support provided by team mates proved to be vital in helping injured athletes overcome the initial disappointment and help the athletes eradicate fears of isolation from their team which helped them to fulfil their need for relatedness. Results also confirm that Deci and Ryan’s (1985) Self Determination Theory is a useful framework in understanding athlete’s experiences in returning to sport after injury as suggested by Podlog and Eklund (2007).


APPENDICIES
INTERVIEWER:

Can you give me a little bit of background information on yourself (i.e. which team do you play for, what position, what standard of football and your greatest sporting achievement?).

SUBJECT:

My name is Mark Redman, I play centre half for Coed Eva Football Club which is in the Gwent County 1st Division, my greatest achievement in football would probably be playing for the welsh youth under 19 team.

INTERVIEWER:

How long in total is the injury going to prevent you from training fully and competing?

SUBJECT:

The injury I have been told by the physio will keep me out for around a month.

INTERVIEWER:

Before you actually got injured how committed were you to your sport – that is, how many hours throughout a normal week would you spend training and/or competing in sport?

SUBJECT:

I am fully committed to the sport, I commit my self to an hour and a half training session every Thursday and 90 minutes for a game on a Saturday. I would also have a run in between as well.
INTERVIEWER:

How long would you say you would run for?

SUBJECT:

Probably between 30/45 minutes.

INTERVIEWER:

Ok, so you would normally commit between 4 and 5 hours each week?

SUBJECT:

Yes

INTERVIEWER:

How important to you is your involvement in sport?

SUBJECT:

It is important to me because its my form of exercise, with working through the day I don’t get a lot of time to go to the gym and exercise, so the training and games help to keep me fit and helps me exercise.

INTERVIEWER:

Since your injury, has your commitment to your sport changed in any way and if so why do you think that is?

SUBJECT:

My view has not changed; I am still fully committed to my sport.

INTERVIEWER:

Before your injury, had you had any previous injury experiences?
SUBJECT:
Only one which was serious, a broken foot which kept me out for around 2 months.

INTERVIEWER:
Did that have a significant influence on your career?

SUBJECT:
The only influence it had was that my fitness levels dropped, which affected my motivation at the time.

INTERVIEWER:
Why do you think it affected your motivation?

SUBJECT:
It was around the same time I was involved with the welsh squad and with the injury it affected my chances of progressing, and it hurt that the timing of the injury was bad which later affected my motivation.

Injury Related Questions

INTERVIEWER:
Can you explain to me what injury you have sustained?

SUBJECT:
I have torn my adductor longus muscle.

INTERVIEWER:
When did you sustain this injury?
SUBJECT:
 Saturday just gone, so 6 days ago.

INTERVIEWER:
 How did this injury occur?

SUBJECT:
 While playing a game for Coed Eva, it was just a sharp movement while running, the muscle tear happened there and then.

INTERVIEWER:
 How long is the injury likely to stop you competing at your sport?

SUBJECT:
 I’ve been told it will keep me out for around 4 weeks

INTERVIEWER:
 And as previously explained, this is not your first injury experience?

SUBJECT:
 No its not

INTERVIEWER:
 Are there any differences between this injury experience and your previous injury experience?

SUBJECT:
 I think the only difference would be the timing whereas last time I was involved with Wales and my career was sort of on a high, but my priorities within the sport are
different now, I have a full time job, playing at a lower standard. So I think the only difference would be that.

INTERVIEWER:

So do you think playing at a lower standard and the difference in situation, do you think that has affected your motivation to return to your sport?

SUBJECT:

No, I think the disappointment with Wales was a main factor before, but now I’m already missing the football and can’t wait to get back so I think there are difference since last time.

Psychological Responses related questions

INTERVIEWER:

Can you describe for me the emotional responses you experienced when you were injured in as much detail as possible?

SUBJECT:

When it happened I knew something was wrong, I’m not one that gets injured very often so when an injury does come along apart from the knocks and bumps that you get every game, I knew this wasn’t one of those sorts of injuries, I wasn’t sure how bad it was at the time. The first thing I thought was “what have I done”, and “how long is it going to keep me out?”.

INTERVIEWER:

Ok, why do you think you felt this way?
SUBJECT:
I suppose it’s because I’m not injured very often and from a football aspect I don’t miss many games through injury. So the first worry was what I had done and how long it was going to keep me out.

INTERVIEWER:
What sort of things has affected the way you felt on a daily basis?

SUBJECT:
Can you clarify the question please?

INTERVIEWER:
What sort of things has affected the way you felt on a daily basis? So has the injury affected the way you would normally feel on a daily basis?

SUBJECT:
When the injury first happened I was very uncomfortable and sore for a few days. The injury also hampered my movement so it’s affected everything I do throughout a normal day. Its not as bad now but initially I think it did affect the way I felt on a daily basis.

INTERVIEWER:
What was your mood like at this point?

SUBJECT:
At first I felt angry and moody because I couldn’t do some of the things I would normally do and was restricted in things that I was doing but now its started to cool down a little and there’s less soreness.
INTERVIEWER:

If I said that I had an athlete that I wanted you to talk to who had the same injury as you, what would you tell them with regard to how they should expect to feel at injury onset and what emotions they should expect to experience?

SUBJECT:

The one word I would mention would be frustration, at the fact that it will be sore, you may struggle sleeping because you may have restricted movement there and when you do move the leg it may be uncomfortable and it will be sore. So the first word would be frustration, they may get angry with themselves, the fact that they will be limping around and struggling and normal everyday tasks may become a struggle.

Autonomy related questions

INTERVIEWER:

Firstly, can you describe things that motivate you to want to compete at your sport? So what specific reason do you have to compete at your sport?

SUBJECT:

I just think I love the game of football, so when it comes to the Saturday and I am unable to play I am going to be there watching and wishing I was on the pitch. I suppose it brings out the competitive nature in me. Then there’s the social aspect after a game. Meeting new friends, meeting in the pub after a game for a drink as a team.

INTERVIEWER:

Ok, can I just ask, do you get paid to play at the moment?
SUBJECT:
Not at the moment no.

INTERVIEWER:
Ok, so financial rewards doesn’t motivate you?
SUBJECT:
Not now no.

INTERVIEWER:
Ok, so you would you say the biggest motivator for you to compete would be the social influences or would you say its more the showing of your competitive nature?
SUBJECT?
It would be the Social influences.

INTERVIEWER:
Do you feel you had much control over the injury?
SUBJECT:
No, because its something I would do about 50 times in a game and this is the first time its happened. I don’t think I would have done anything differently.

INTERVIEWER:
Do you feel it was your fault, or someone else’s fault?
SUBJECT:

I don’t think it was anyone’s fault, I think if there’s any fault to blame then this was around 80 minutes into a game so I cannot blame a poor warm up, I guess it was just one of those things that happens.

INTERVIEWER:

*Ok, do you believe it could have been prevented?*

SUBJECT:

It’s a hard question, if it was the first 10 minutes of the game then I would say about the warm up and stretching properly but as it was around the 80 minute mark, my muscles were warm. So as for prevention, I think the only was to prevent what had happened was to come off prior to getting injured.

INTERVIEWER:

*Can you think of a certain aspect of when you were injured that you believed to be under your control?*

SUBJECT:

I think everything about the injury I was in control of, I knew as soon as it happened that something was wrong. As soon as I kicked the ball out of play, I told the physio that it was a serious injury and the decision to come off the pitch was in my control.

INTERVIEWER:

*Ok, what social support did you think was available to you at the time? And do you know what I mean by social support?*
SUBJECT:

Do you mean as in players around you, coaches, and family members?

INTERVIEWER:

Yes, so what social support did you think was available to you then?

SUBJECT:

The players were very supportive and seemed very concerned. Since the injury I have received a lot of text messages from my coach and team mates to see how I am doing. After games I always speak to my parents about the game so once I informed them of the injury they were supportive and looked after me.

INTERVIEWER:

Can you think of a certain aspect of when you were injured that you believed to be out of your control?

SUBJECT:

The soreness was out of my control and the lack of movement, that’s all I can really think of that, was out of my control.

INTERVIEWER:

Can you describe to me how you were feeling when you first sustained your injury?

SUBJECT:

As I’ve previously explained, I don’t get injured very often so when I get injured and I have to go off and miss further games, I’m obviously gutted because I love playing but also the same time there was a worry with how serious it was and how long was it going to keep me out.
INTERVIEWER:

At what point did you know the full extent of your injury?

SUBJECT:

I waited for the soreness to go down which took a few days, I then saw the physio yesterday who had a feel around and gave me the timescale of 3-4 weeks.

INTERVIEWER:

When the Physio informed you of the full extent of the injury, how did you feel?

SUBJECT:

It was a lottery to me as to what had actually happened and how serious it was. When he told me I suppose I was relieved that it wasn’t going to keep me out for a longer period, but I also felt a little disappointed that I was going to miss 3-4 weeks.

INTERVIEWER:

Do you think your feelings changed from injury onset on Saturday to finding out the extent of the injury?

SUBJECT:

The emotions that have changed would be before I went to see the physio I was hoping that maybe it would all calm down and the soreness would go, hoping that I would miss a game the following weekend then get back training. But in fact, the advice from physio was that I would miss 3-4 weeks. So disappointment to miss 3-4 weeks but relief that it wouldn’t be for a long period.

INTERVIEWER:

Did you blame yourself?
SUBJECT:

No, I didn’t blame myself. I don’t believe it was something that I could have prevented.

INTERVIEWER:

Was the information given to you by the physio very clear? Or did it confuse you?

SUBJECT:

No the information given to me by the physio was very clear, and I trusted him that the information was accurate.

INTERVIEWER:

Did the injury affect your completion of everyday tasks?

SUBJECT:

I didn’t affect the completion, but affected the way I did complete the tasks. I was able to complete tasks but the completion would take me longer than usual.

INTERVIEWER:

Do you feel more successful when you’re in control of your actions that lead to an outcome?

SUBJECT:

Yes.

INTERVIEWER:

Who is in control of the date that you return to sport?
SUBJECT:
I would say the decision lies with me, I will continue to visit the physio and seek his advice but at the end of the day if I don’t feel right in my body then I shouldn’t be returning.

INTERVIEWER:
*Ok, so do you believe the physio or the manager has any sort of influence on when you return?*

SUBJECT:
They will direct me with what they think is right for them but the final decision will be down to me.

INTERVIEWER:
*Is there any pressure on you to return to training or competition?*

SUBJECT:
I don’t think there is, it’s out of the manager and physio’s control, muscles heal in their own time so all I can say there is the only person that is pressurising me to get back playing again is myself.

INTERVIEWER:
*Are there any important games coming up that are important to the team?*

SUBJECT:
We have a cup game on Saturday against top of the league, we are 2nd in the league at the moment and it’s the last cup competition that the team is involved in so I would consider Saturday as a big game for the club.
INTERVIEWER:

Do you think that due to the enormity of this game to the club, do you think the manager or anyone at the club could pressurise you to return?

SUBJECT:

No I don’t think so, I think the manager has faith in my replacement so I don’t think he will want to rush me back to soon which could result in re-injury and being out for a longer period.

INTERVIEWER:

What motivates you to return to sport?

SUBJECT:

The main motivation is to get out playing again, I don’t want to rush myself to get back, I want to go back and stay back so the main motivation would be to get back as soon as possible.

INTERVIEWER:

Ok, so you would say just getting back into the swing of things with competing and the social side of the game?

SUBJECT:

Yes, absolutely.
Competence related questions

INTERVIEWER:

Why do you compete in your sport and what do you enjoy about competing? What rewards do you get from competing?

SUBJECT:

The fact that I work hard as an individual and work had to contribute to the team, they are all good lads and good friends.

INTERVIEWER:

Do you believe the injury has affected you psychologically?

SUBJECT:

No I don’t think so, not this one.

INTERVIEWER:

Have you received any form of support from team mates/family?

SUBJECT:

Yes I have, I have received frequent text messages from team mates asking if I’m ok and stating that I will be missed for the weekend and hop for me to be back soon.

INTERVIEWER:

Ok, this support that you have received, does it make you feel more competent in your recovery?
SUBJECT:
Yes it does, it makes me feel missed, it makes me feel as though I’ll be welcomed back on my return and gives me the incentive to return.

INTERVIEWER:
Are you able to maintain your physical fitness levels at the moment?

SUBJECT:
At the moment, so soon after getting injured, I would feel uncomfortable even doing a short jog so maybe I will wait a week or two and then slowly build up.

INTERVIEWER:
How do you feel this can hinder you that you are unable to maintain your fitness levels?

SUBJECT:
I have to take care of myself and need to make sure that when I am ready to return I am physically fit enough.

INTERVIEWER:
So you think not being able to maintain fitness levels could pro-long your level of inactivity at competing?

SUBJECT:
Yes

INTERVIEWER:
Is there anything you fear about returning to sport?
SUBJECT:
The only thing that concerns me is going back to early, if I was to go back to early the injury could re-occur which would keep me out longer again. The other worry when I do come back is will I play as well as I was before I got injured, will my fitness levels be up to standard.

INTERVIEWER:
Have you set any personal goals in your injury rehabilitation?

SUBJECT:
I suppose I have set goals such as a return date to training. I don’t want to go back to early but don’t want to hold it off too long. If training then goes ok I will set goals on a return to competition.

INTERVIEWER:
Do you believe that the goals set are building you up to get to your pre-injury levels as in fitness and performance levels?

SUBJECT:
Yes, I think the goals would help me progress me recovery, so I will leave exercise for a week or two then start light jogging then build it up until I go back to full training and build it up then to return to competitive games.

INTERVIEWER:
Do you believe these set goals are realistic?

SUBJECT:
Yes I think so. The physio is a professional and I will listen to trust him in his advice
INTERVIEWER:

Have you had any opportunity to test the injured body part?

SUBJECT:

Not yet, and I wouldn’t want to do that for another week.

INTERVIEWER:

Have you been successful at a specific task during your rehabilitation so far? If so, what was the task?

SUBJECT:

A few days after the injury I was very sore and was struggling to walk. But now the soreness has gone down I am able to walk a lot better.

INTERVIEWER:

Ok so seeing an improvement in your walking, does this make you feel more confident in your recovery?

SUBJECT:

Yes it does, the soreness is there but now the soreness has nearly gone I feel a lot more confident in my recovery.

INTERVIEWER:

Have there been any obstacles that have slowed your recovery?

SUBJECT:

Not as yet, no.
INTERVIEWER:

*Can you describe your ‘typical week’ both in terms of your sport commitment and also any other activities that you may undertake? If possible, try and remember what a ‘typical week’ was like before you got injured.*

SUBJECT:

On a Tuesday night I would normally play 5 a-side, that’s only been for the last few weeks but will now be on a regular basis. If not 5 a-side I would normally go for a jog on a Tuesday or Wednesday night. I would train with Coed Eva on a Thursday night and then play a game on a Saturday.

INTERVIEWER:

*Which people (in that typical week) would you say that you were closest to within your sport?*

SUBJECT:

I’d have to say one or two of the players, they live close to me, and if I go for a jog on a Tuesday I’ll go with these two players.

INTERVIEWER:

*What about in your social life? Is there anybody you would say you are close to that is not involved in your sport?*

SUBJECT:

There is my girlfriend and my brother who I am close to, I see these everyday. Apart from that it would be family members and colleagues in work.
INTERVIEWER:
Can you think back to what you have considered to be a significant problem (any problem) that you may have had before getting injured?

SUBJECT:
No Problems.

INTERVIEWER:
Do you think that the support has you normally have has changed since being injured?

SUBJECT:
I think that whatever injury I get I will always have the support I have, I don’t think this will ever change

Relatedness questions

INTERVIEWER:
When you were injured, initially, how did you think you were going to be able to cope with the situation?

SUBJECT:
I’m a pretty relaxed guy and have been injured before so knew not to panic at all and knew what I had to do once I got injured.

INTERVIEWER:
So do you believe that your previous injury experience aided you this time around to cope with this injury?
SUBJECT:

Yes I do.

INTERVIEWER:

*Have you received any positive feedback from the physio, coaches, family or friends since you experienced your injury?*

SUBJECT:

Positive feedback would include the location and diagnosis of the problem, I have only saw the physio once and this was the feedback given.

INTERVIEWER:

*Generally, how did you feel about what support you thought was available to you when you became injured? Not the support that was available, the support you thought was available.*

SUBJECT:

When the injury first occurred on the pitch, I knew that the manager and subs on the side would be very supportive. My parents also asked me after each game how it went so iknew once I got home I would get support from them.

INTERVIEWER:

*In relation to some of the stressful situations that you mentioned previously that you experienced when injured, can you tell me specifically how you felt about the social support that you thought was available to you to help you deal with these situations?*
SUBJECT:

Once the injury first occurred I was struggling to walk, family members helped me by giving me lifts to work and helped me around the house as I couldn’t drive and was restricted in my movement.

INTERVIEWER:

Was the Social support that you received what you want?

SUBJECT:

At that time yes, the only thing I found difficult was walking so the help I got from parents at the time with travelling back and for to work needed at the time was just what I needed.

INTERVIEWER:

Have you receive any support from your social support network?

SUBJECT:

Yes, the team trained last night and one of my team mates picked me up on his way to training so I could go and watch the team train.

INTERVIEWER:

Do you think that your belief that support was available changed the way you appraised your injury initially?

SUBJECT:

I think it did, knowing what support I thought was available made the injury burden easier to cope with; if I needed help with something I knew that somebody would be able to help me, I knew I could get access to it.
INTERVIEWER:

Do you think that your perception that support was available changed the way you thought you would cope with your injury?

SUBJECT:

As mentioned earlier, I think the social support that was available made it easier to cope because I didn’t have to worry about problems such as driving to work, and basically having to take sick days when I knew I could work. So far I have stayed involved with the team and gone to watch training sessions thanks to team mates picking me up.

INTERVIEWER:

Did knowing that the support was available help you cope with the injury?

SUBJECT:

Yes it did

INTERVIEWER:

Can you think of any situations when you were injured when your perception of available support was not going to help a particular situation?

SUBJECT:

So far the support I have received has helped me in difficult situations that I have come across. People have been there to help me so I have not come across any situations as yet which have not helped.
INTERVIEWER:

When you became injured, what specific types of social support did you actually receive?

SUBJECT:

I received lifts to work from family members and lifts to training with my team mates. I have also received support such as my mother cooking my tea for me instead of me cooking.

INTERVIEWER:

Did the support you receive match what you needed to cope with specific stressors? (For example, somebody to give you a lift in a car when you were incapacitated).

SUBJECT:

Yes, the support I have received so far has been with driving has been exactly what I needed so I haven’t had to take days off work so, so far so good.

INTERVIEWER:

How did it help you cope?

SUBJECT:

It helped that When I first got injured I was worried whether I would miss work and miss training sessions and miss socialising with the boys, all the help I’ve got has made me not miss out on these things.

INTERVIEWER:

Were you satisfied with the support you received?
SUBJECT:

Yes I was very satisfied; I have made my injury experience more bearable

INTERVIEWER:

Why do you say it has made your experience more bearable?

SUBJECT:

If I couldn’t work then it may hinder my progress with my exams that I am sitting at the moment. I think with the training it’s the socialising aspect and if I keep showing my face at training sessions I won’t get isolated from the team and feel as though I can still contribute verbally.

INTERVIEWER:

How often did you receive support?

SUBJECT:

I have received a lift to work every day this week so far and a lift to training last night, apart from that my mother has cooked me tea when I have got in from work. That’s about it so far.

INTERVIEWER:

How do you think the support you received helped you in dealing with certain stressors?

SUBJECT:

The lift to work eliminated the worry of my exam progress in work and the lift to training helped me stay in contact with the team and helped me to still be able to contribute even though I cannot play myself.
INTERVIEWER:

Do you think you changed the way you normally cope with stress after receiving certain types of social support?

SUBJECT:

I think the social support received after getting this injury has helped to cope better. I coped better than I did in my previous injury experience.

INTERVIEWER:

Why do you think this was?

SUBJECT:

The timing of my previous injury was a lot worse, at the time with playing for Wales, I think it hindered my chances, it made my self-esteem a lot lower, depression and things like that, the timing was a lot worse.

INTERVIEWER:

Ok, so do you agree that your previous injury experience helped you to cope with this injury experience?

SUBJECT:

Yes, definitely.

INTERVIEWER:

Were there any types of support that you would say were the most effective toward dealing with your efforts to cope with your injury?

SUBJECT:

Definitely the lifts to work and training.
INTERVIEWER:

How did you mobilise your social support? How was it activated?

SUBJECT:

My brother offered to take me to work each day as he was off university at the time and I sent a text message to my team mate asking if he could pick me up before training so I could go and watch.

INTERVIEWER:

Did the injury make you feel separated from the team? If so, how?

SUBJECT:

It hasn’t at the moment because I have been turning up for training. I feel helpless if I can’t compete with the team, at the moment it’s been ok.

INTERVIEWER:

Can you give me examples of helpful and unhelpful support that you received? Why?

SUBJECT:

Helpful support would include the lifts to work and the positive information from my physio. I don’t believe I have received any negative support so far.

INTERVIEWER:

Do you believe there was anything positive about being injured? If so, why do you think this?
SUBJECT:

I think being injured and has made me more determined to return to playing again. I miss playing already so I think when it comes to return I will be busting a gut to get to the fitness and performance levels that I was playing at before I got injured.

INTERVIEWER:

Do you still feel part of the team even though you can not compete? How do you contribute to the team now you are injured?

SUBJECT:

I contribute verbally at the moment, I do feel I can influence in that way with being an experienced player and a big player at he club with a few young boys who look up to me, I feel people listen to me and understand what I am trying to tell them so hopefully this helps while I can’t physically compete myself, this has aided me in feeling part of the team.

INTERVIEWER:

Finally, is there anything important to your return that we have not discussed?

SUBJECT:

The only thing I would say that has helped me cope better in this injury experience would be what experienced in my previous injury I think has helped a lot, I knew what feelings to expect at certain times; therefore I have been better equipped to cope this time around.
INTERVIEWER:

As I mentioned when we began the interview you would have the opportunity to add anything that you feel may have been important and not covered in the questions asked.

Any other suggestions or final thoughts?

SUBJECT:

No I believe everything has been covered

INTERVIEWER:

Thank you for your time and help and look forward to interviewing you again in the near future.
Informed Consent – Time Phase 1

Participant #: 
Age: 
Date: 
Start time: 
Finish time: 

Firstly, I would like to take this opportunity to thank you for agreeing to participate in this study. The information that you provide will be of great importance to my research project.

My name is Rhys Redman; I am currently studying BSc Sport and Physical Education at the University of Wales Institute Cardiff (UWIC). I am talking to a number of athletes such as yourself about your motivational responses to injury.

The purpose of this study is to yield in depth information about your experiences, exploring the motivational responses of athletes at the time of, during and after severe injuries.

As a participant in this interview, you are entitled to several rights. Firstly, there are no risks involved in participating in this study. Your participation in this study is purely voluntary. You are entitled to decline any question or withdraw from the interview at any point. There are no right or wrong answers to the questions I am going to ask. If there are any questions you feel uncomfortable answering simple state “no comment”. If there are any questions which you do not understand, simply ask me to clarify the question. You have been selected to participate in this study because of your injury experience and I am eager to learn about your experiences.

Secondly, I would like to stress that your identity, and the information gained from this interview will be kept completely confidential. However, I may select a number of quotes from this interview in order to illustrate ideas, these will remain anonymous. I will be using a Dictaphone to record, to acquire accurate and complete information.

At the end of the interview there will be an opportunity for you to add anything that you felt was important and not covered in the questions asked.

If you agree to the above and wish to participate in my study please sign below.

Print Name: ________________________ Signature: ________________________

Contact Telephone Number: ________________ Date: ________________
APPENDIX C
Demographic Questions

INTERVIEWER:
Can you give me a little bit of background information on yourself (i.e. which team do you play for, what position, what standard of football and your greatest sporting achievement?).

SUBJECT:
My name is Mark Redman, I play centre half for Coed Eva Football Club which is in the Gwent County 1st Division, my greatest achievement in football would probably be playing for the welsh youth under 19 team.

INTERVIEW:
How long in total is the injury going to prevent you from training fully and competing?

SUBJECT:
The injury I have been told by the physio will keep me out for around a month.

INTERVIEWER:
Before you actually got injured how committed were you to your sport – that is, how many hours throughout a normal week would you spend training and/or competing in sport?

SUBJECT:
I am fully committed to the sport, I commit my self to an hour and a half training session every Thursday and 90 minutes for a game on a Saturday. I would also have a run in between as well.
INTERVIEWER:

How long would you say you would run for?

SUBJECT:

Probably between 30/45 minutes.

INTERVIEWER:

Ok, so you would normally commit between 4 and 5 hours each week?

SUBJECT:

Yes

INTERVIEWER:

How important to you is your involvement in sport?

SUBJECT:

It is important to me because it's my form of exercise, with working through the day I don't get a lot of time to go to the gym and exercise, so the training and games help to keep me fit and helps me exercise.

INTERVIEWER:

Since your injury, has your commitment to your sport changed in any way and if so why do you think that is?

SUBJECT:

My view has not changed; I am still fully committed to my sport.

INTERVIEWER:

Before your injury, had you had any previous injury experiences?
SUBJECT:

Only one which was serious, a broken foot which kept me out for around 2 months.

INTERVIEWER:

Did that have a significant influence on your career?

SUBJECT:

The only influence it had was that my fitness levels dropped, which affected my motivation at the time.

INTERVIEWER:

Why do you think it affected your motivation?

SUBJECT:

It was around the same time I was involved with the welsh squad and with the injury it affected my chances of progressing, and it hurt that the timing of the injury was bad which later affected my motivation.

Injury Related Questions

INTERVIEWER:

Can you explain to me what injury you have sustained?

SUBJECT:

I have torn my adductor longus muscle.

INTERVIEWER:

When did you sustain this injury?
SUBJECT:
Saturday just gone, so 6 days ago.

INTERVIEWER:
How did this injury occur?

SUBJECT:
While playing a game for Coed Eva, it was just a sharp movement while running, the muscle tear happened there and then.

INTERVIEWER:
How long is the injury likely to stop you competing at your sport?

SUBJECT:
I’ve been told it will keep me out for around 4 weeks

INTERVIEWER:
And as previously explained, this is not your first injury experience?

SUBJECT:
No its not

INTERVIEWER:
Are there any differences between this injury experience and your previous injury experience?

SUBJECT:
I think the only difference would be the timing whereas last time I was involved with Wales and my career was sort of on a high, but my priorities within the sport are
different now, I have a full time job, playing at a lower standard. So I think the only difference would be that.

INTERVIEWER:

So do you think playing at a lower standard and the difference in situation, do you think that has affected your motivation to return to your sport?

SUBJECT:

No, I think the disappointment with Wales was a main factor before, but now I’m already missing the football and can’t wait to get back so I think there are difference since last time.

Psychological Responses related questions

INTERVIEWER:

Can you describe for me the emotional responses you experienced when you were injured in as much detail as possible?

SUBJECT:

When it happened I knew something was wrong, I’m not one that gets injured very often so when an injury does come along apart from the knocks and bumps that you get every game, I knew this wasn’t one of those sorts of injuries, I wasn’t sure how bad it was at the time. The first thing I thought was “what have I done”, and “how long is it going to keep me out?”

INTERVIEWER:

Ok, why do you think you felt this way?
SUBJECT:
I suppose it’s because I’m not injured very often and from a football aspect I don’t miss many games through injury. So the first worry was what I had done and how long it was going to keep me out.

INTERVIEWER:
What sort of things has affected the way you felt on a daily basis?

SUBJECT:
Can you clarify the question please?

INTERVIEWER:
What sort of things has affected the way you felt on a daily basis? So has the injury affected the way you would normally feel on a daily basis?

SUBJECT:
When the injury first happened I was very uncomfortable and sore for a few days. The injury also hampered my movement so it’s affected everything I do throughout a normal day. It’s not as bad now but initially I think it did affect the way I felt on a daily basis.

INTERVIEWER:
What was your mood like at this point?

SUBJECT:
At first I felt angry and moody because I couldn’t do some of the things I would normally do and was restricted in things that I was doing but now it’s started to cool down a little and there’s less soreness.
INTERVIEWER:

*If I said that I had an athlete that I wanted you to talk to who had the same injury as you, what would you tell them with regard to how they should expect to feel at injury onset and what emotions they should expect to experience?*

SUBJECT:

The one word I would mention would be frustration, at the fact that it will be sore, you may struggle sleeping because you may have restricted movement there and when you do move the leg it may be uncomfortable and it will be sore. So the first word would be frustration, they may get angry with themselves, the fact that they will be limping around and struggling and normal everyday tasks may become a struggle.

*Autonomy related questions*

INTERVIEWER:

*Firstly, can you describe things that motivate you to want to compete at your sport?*  
*So what specific reason do you have to compete at your sport?*

SUBJECT:

I just think I love the game of football, so when it comes to the Saturday and I am unable to play I am going to be there watching and wishing I was on the pitch. I suppose it brings out the competitive nature in me. Then there’s the social aspect after a game. Meeting new friends, meeting in the pub after a game for a drink as a team.

INTERVIEWER:

*Ok, can I just ask, do you get paid to play at the moment?*
SUBJECT:
Not at the moment no.

INTERVIEWER:
Ok, so financial rewards doesn’t motivate you?

SUBJECT:
Not now no.

INTERVIEWER:
Ok, so you would you say the biggest motivator for you to compete would be the social influences or would you say its more the showing of your competitive nature?

SUBJECT:
It would be the Social influences.

INTERVIEWER:
Do you feel you had much control over the injury?

SUBJECT:
No, because it’s something I would do about 50 times in a game and this is the first time its happened. I don’t think I would have done anything differently.

INTERVIEWER:
Do you feel it was your fault, or someone else’s fault?
SUBJECT:
I don’t think it was anyone’s fault, I think if there’s any fault to blame then this was around 80 minutes into a game so I cannot blame a poor warm up, I guess it was just one of those things that happens.

INTERVIEWER:
Ok, do you believe it could have been prevented?

SUBJECT:
It’s a hard question, if it was the first 10 minutes of the game then I would say about the warm up and stretching properly but as it was around the 80 minute mark, my muscles were warm. So as for prevention, I think the only was to prevent what had happened was to come off prior to getting injured.

INTERVIEWER:
Can you think of a certain aspect of when you were injured that you believed to be under your control?

SUBJECT:
I think everything about the injury I was in control of, I knew as soon as it happened that something was wrong. As soon as I kicked the ball out of play, I told the physio that it was a serious injury and the decision to come off the pitch was in my control.

INTERVIEWER:
Ok, what social support did you think was available to you at the time? And do you know what I mean by social support?
SUBJECT:

Do you mean as in players around you, coaches, and family members?

INTERVIEWER:

Yes, so what social support did you think was available to you then?

SUBJECT:

The players were very supportive and seemed very concerned. Since the injury I have received a lot of text messages from my coach and team mates to see how I am doing. After games I always speak to my parents about the game so once I informed them of the injury they were supportive and looked after me.

INTERVIEWER:

Can you think of a certain aspect of when you were injured that you believed to be out of your control?

SUBJECT:

The soreness was out of my control and the lack of movement, that’s all I can really think of that, was out of my control.

INTERVIEWER:

Can you describe to me how you were feeling when you first sustained your injury?

SUBJECT:

As I’ve previously explained, I don’t get injured very often so when I get injured and I have to go off and miss further games, I’m obviously gutted because I love playing but also the same time there was a worry with how serious it was and how long was it going to keep me out.
INTERVIEWER:

At what point did you know the full extent of your injury?

SUBJECT:

I waited for the soreness to go down which took a few days, I then saw the physio yesterday who had a feel around and gave me the timescale of 3-4 weeks.

INTERVIEWER:

When the Physio informed you of the full extent of the injury, how did you feel?

SUBJECT:

It was a lottery to me as to what had actually happened and how serious it was. When he told me I suppose I was relieved that it wasn’t going to keep me out for a longer period, but I also felt a little disappointed that I was going to miss 3-4 weeks.

INTERVIEWER:

Do you think your feelings changed from injury onset on Saturday to finding out the extent of the injury?

SUBJECT:

The emotions that have changed would be before I went to see the physio I was hoping that maybe it would all calm down and the soreness would go, hoping that I would miss a game the following weekend then get back training. But in fact, the advice from physio was that I would miss 3-4 weeks. So disappointment to miss 3-4 weeks but relief that it wouldn’t be for a long period.

INTERVIEWER:

Did you blame yourself?
SUBJECT:
No, I didn’t blame myself. I don’t believe it was something that I could have prevented.

INTERVIEWER:
Was the information given to you by the physio very clear? Or did it confuse you?

SUBJECT:
No the information given to me by the physio was very clear, and I trusted him that the information was accurate.

INTERVIEWER:
Did the injury affect your completion of everyday tasks?

SUBJECT:
I didn’t affect the completion, but affected the way I did complete the tasks. I was able to complete tasks but the completion would take me longer than usual.

INTERVIEWER:
Do you feel more successful when you’re in control of your actions that lead to an outcome?

SUBJECT:
Yes.

INTERVIEWER:
Who is in control of the date that you return to sport?
SUBJECT:

I would say the decision lies with me, I will continue to visit the physio and seek his advice but at the end of the day if I don’t feel right in my body then I shouldn’t be returning.

INTERVIEWER:

*Ok, so do you believe the physio or the manager has any sort of influence on when you return?*

SUBJECT:

They will direct me with what they think is right for them but the final decision will be down to me.

INTERVIEWER:

*Is there any pressure on you to return to training or competition?*

SUBJECT:

I don’t think there is, it’s out of the manager and physio’s control, muscles heal in their own time so all I can say there is the only person that is pressurising me to get back playing again is myself.

INTERVIEWER:

*Are there any important games coming up that are important to the team?*

SUBJECT:

We have a cup game on Saturday against top of the league, we are 2nd in the league at the moment and it’s the last cup competition that the team is involved in so I would consider Saturday as a big game for the club.
INTERVIEWER:

Do you think that due to the enormity of this game to the club, do you think the manager or anyone at the club could pressurise you to return?

SUBJECT:

No I don’t think so, I think the manager has faith in my replacement so I don’t think he will want to rush me back to soon which could result in re-injury and being out for a longer period.

INTERVIEWER:

What motivates you to return to sport?

SUBJECT:

The main motivation is to get out playing again, I don’t want to rush myself to get back, I want to go back and stay back so the main motivation would be to get back as soon as possible.

INTERVIEWER:

Ok, so you would say just getting back into the swing of things with competing and the social side of the game?

SUBJECT:

Yes, absolutely.
INTERVIEWER:

Why do you compete in your sport and what do you enjoy about competing? What rewards do you get from competing?

SUBJECT:

The fact that I work hard as an individual and work had to contribute to the team, they are all good lads and good friends.

INTERVIEWER:

Do you believe the injury has affected you psychologically?

SUBJECT:

No I don’t think so, not this one.

INTERVIEWER:

Have you received any form of support from team mates/family?

SUBJECT:

Yes I have, I have received frequent text messages from team mates asking if I’m ok and stating that I will be missed for the weekend and hop for me to be back soon.

INTERVIEWER:

Ok, this support that you have received, does it make you feel more competent in your recovery?
SUBJECT:
Yes it does, it makes me feel missed, it makes me feel as though I’ll be welcomed back on my return and gives me the incentive to return.

INTERVIEWER:
Are you able to maintain your physical fitness levels at the moment?

SUBJECT:
At the moment, so soon after getting injured, I would feel uncomfortable even doing a short jog so maybe I will wait a week or two and then slowly build up.

INTERVIEWER:
How do you feel this can hinder you that you are unable to maintain your fitness levels?

SUBJECT:
I have to take care of myself and need to make sure that when I am ready to return I am physically fit enough.

INTERVIEWER:
So you think not being able to maintain fitness levels could prolong your level of inactivity at competing?

SUBJECT:
Yes

INTERVIEWER:
Is there anything you fear about returning to sport?
SUBJECT:
The only thing that concerns me is going back to early, if I was to go back to early the injury could re-occur which would keep me out longer again. The other worry when I do come back is will I play as well as I was before I got injured, will my fitness levels be up to standard.

INTERVIEWER:
Have you set any personal goals in your injury rehabilitation?

SUBJECT:
I suppose I have set goals such as a return date to training. I don’t want to go back to early but don’t want to hold it off too long. If training then goes ok I will set goals on a return to competition.

INTERVIEWER:
Do you believe that the goals set are building you up to get to your pre-injury levels as in fitness and performance levels?

SUBJECT:
Yes, I think the goals would help me progress me recovery, so I will leave exercise for a week or two then start light jogging then build it up until I go back to full training and build it up then to return to competitive games.

INTERVIEWER:
Do you believe these set goals are realistic?

SUBJECT:
Yes I think so. The physio is a professional and I will listen to trust him in his advice
INTERVIEWER:

*Have you had any opportunity to test the injured body part?*

SUBJECT:

Not yet, and I wouldn’t want to do that for another week.

INTERVIEWER:

*Have you been successful at a specific task during your rehabilitation so far? If so, what was the task?*

SUBJECT:

A few days after the injury I was very sore and was struggling to walk. But now the soreness has gone down I am able to walk a lot better.

INTERVIEWER:

*Ok so seeing an improvement in your walking, does this make you feel more confident in your recovery?*

SUBJECT:

Yes it does, the soreness is there but now the soreness has nearly gone I feel a lot more confident in my recovery.

INTERVIEWER:

*Have there been any obstacles that have slowed your recovery?*

SUBJECT:

Not as yet no.
**Existing Social Support Network**

**INTERVIEWER:**

*Can you describe your ‘typical week’ both in terms of your sport commitment and also any other activities that you may undertake? If possible, try and remember what a ‘typical week’ was like before you got injured.*

**SUBJECT:**

On a Tuesday night I would normally play 5 a-side, that’s only been for the last few weeks but will now be on a regular basis. If not 5 a-side I would normally go for a jog on a Tuesday or Wednesday night. I would train with Coed Eva on a Thursday night and then play a game on a Saturday.

**INTERVIEWER:**

*Which people (in that typical week) would you say that you were closest to within your sport?*

**SUBJECT:**

I’d have to say one or two of the players, they live close to me, and if I go for a jog on a Tuesday I’ll go with these two players.

**INTERVIEWER:**

*What about in your social life? Is there anybody you would say you are close to that is not involved in your sport?*

**SUBJECT:**

There is my girlfriend and my brother who I am close to, I see these everyday. Apart from that it would be family members and colleagues in work.
INTERVIEWER:

Can you think back to what you have considered to be a significant problem (any problem) that you may have had before getting injured?

SUBJECT:

No Problems.

INTERVIEWER:

Do you think that the support has you normally have has changed since being injured?

SUBJECT:

I think that whatever injury I get I will always have the support I have, I don’t think this will ever change.

Relatedness questions

INTERVIEWER:

When you were injured, initially, how did you think you were going to be able to cope with the situation?

SUBJECT:

I’m a pretty relaxed guy and have been injured before so knew not to panic at all and knew what I had to do once I got injured.

INTERVIEWER:

So do you believe that your previous injury experience aided you this time around to cope with this injury?
SUBJECT:
Yes I do.

INTERVIEWER:

Have you received any positive feedback from the physio, coaches, family or friends since you experienced your injury?

SUBJECT:
Positive feedback would include the location and diagnosis of the problem, I have only saw the physio once and this was the feedback given.

INTERVIEWER:

Generally, how did you feel about what support you thought was available to you when you became injured? Not the support that was available, the support you thought was available.

SUBJECT:
When the injury first occurred on the pitch, I knew that the manager and subs on the side would be very supportive. My parents also asked me after each game how it went so I knew once I got home I would get support from them.

INTERVIEWER:

In relation to some of the stressful situations that you mentioned previously that you experienced when injured, can you tell me specifically how you felt about the social support that you thought was available to you to help you deal with these situations?
SUBJECT:

Once the injury first occurred I was struggling to walk, family members helped me by giving me lifts to work and helped me around the house as I couldn’t drive and was restricted in my movement.

INTERVIEWER:

Was the Social support that you received what you want?

SUBJECT:

At that time yes, the only thing I found difficult was walking so the help I got from parents at the time with travelling back and forth to work needed at the time was just what I needed.

INTERVIEWER:

Have you receive any support from your social support network?

SUBJECT:

Yes, the team trained last night and one of my team mates picked me up on his way to training so I could go and watch the team train.

INTERVIEWER:

Do you think that your belief that support was available changed the way you appraised your injury initially?

SUBJECT:

I think it did, knowing what support I thought was available made the injury burden easier to cope with; if I needed help with something I knew that somebody would be able to help me, I knew I could get access to it..
INTERVIEWER:

*Do you think that your perception that support was available changed the way you thought you would cope with your injury?*

SUBJECT:

As mentioned earlier, I think the social support that was available made it easier to cope because I didn’t have to worry about problems such as driving to work, and basically having to take sick days when I knew I could work. So far I have stayed involved with the team and gone to watch training sessions thanks to team mates picking me up.

INTERVIEWER:

*Did knowing that the support was available help you cope with the injury?*

SUBJECT:

Yes it did

INTERVIEWER:

*Can you think of any situations when you were injured when your perception of available support was not going to help a particular situation?*

SUBJECT:

So far the support I have received has helped me in difficult situations that I have come across. People have been there to help me so I have not come across any situations as yet which have not helped.
INTERVIEWER:
When you became injured, what specific types of social support did you actually receive?

SUBJECT: 
I received lifts to work from family members and lifts to training with my team mates. I have also received support such as my mother cooking my tea for me instead of me cooking.

INTERVIEWER: 
Did the support you receive match what you needed to cope with specific stressors? (for example, somebody to give you a lift in a car when you were incapacitated).

SUBJECT: 
Yes, the support I have received so far has been with driving has been exactly what I needed so I haven’t had to take days off work so, so far so good.

INTERVIEWER: 
How did it help you cope?

SUBJECT: 
It helped that When I first got injured I was worried whether I would miss work and miss training sessions and miss socialising with the boys, all the help I’ve got has made me not miss out on these things.

INTERVIEWER: 
Were you satisfied with the support you received?
SUBJECT:
Yes I was very satisfied; I have made my injury experience more bearable

INTERVIEWER:
Why do you say it has made your experience more bearable?

SUBJECT:
If I couldn’t work then it may hinder my progress with my exams that I am sitting at the moment. I think with the training it’s the socialising aspect and if I keep showing my face at training sessions I won’t get isolated from the team and feel as though I can still contribute verbally.

INTERVIEWER:
How often did you receive support?

SUBJECT:
I have received a lift to work every day this week so far and a lift to training last night, apart from that my mother has cooked me tea when I have got in from work. That’s about it so far.

INTERVIEWER:
How do you think the support you received helped you in dealing with certain stressors?

SUBJECT:
The lift to work eliminated the worry of my exam progress in work and the lift to training helped me stay in contact with the team and helped me to still be able to contribute even though I cannot play myself.
INTERVIEWER:

Do you think you changed the way you normally cope with stress after receiving certain types of social support?

SUBJECT:

I think the social support received after getting this injury has helped to cope better. I coped better than I did in my previous injury experience.

INTERVIEWER:

Why do you think this was?

SUBJECT:

The timing of my previous injury was a lot worse, at the time with playing for Wales, I think it hindered my chances, it made my self-esteem a lot lower, depression and things like that, the timing was a lot worse.

INTERVIEWER:

Ok, so do you agree that your previous injury experience helped you to cope with this injury experience?

SUBJECT:

Yes, definitely.

INTERVIEWER:

Were there any types of support that you would say were the most effective toward dealing with your efforts to cope with your injury?

SUBJECT:

Definitely the lifts to work and training.
INTERVIEWER:

How did you mobilise your social support? How was it activated?

SUBJECT:

My brother offered to take me to work each day as he was off university at the time and I sent a text message to my team mate asking if he could pick me up before training so I could go and watch.

INTERVIEWER:

Did the injury make you feel separated from the team? If so, how?

SUBJECT:

It hasn’t at the moment because I have been turning up for training. I feel helpless if I can’t compete with the team, at the moment it’s been ok.

INTERVIEWER:

Can you give me examples of helpful and unhelpful support that you received? Why?

SUBJECT:

Helpful support would include the lifts to work and the positive information from my physio. I don’t believe I have received any negative support so far.

INTERVIEWER:

Do you believe there was anything positive about being injured? If so, why do you think this?
SUBJECT:

I think being injured and has made me more determined to return to playing again. I miss playing already so I think when it comes to return I will be busting a gut to get to the fitness and performance levels that I was playing at before I got injured.

INTERVIEWER:

Do you still feel part of the team even though you can not compete? How do you contribute to the team now you are injured?

SUBJECT:

I contribute verbally at the moment, I do feel I can influence in that way with being an experienced player and a big player at he club with a few young boys who look up to me, I feel people listen to me and understand what I am trying to tell them so hopefully this helps while I can’t physically compete myself, this has aided me in feeling part of the team.

INTERVIEWER:

Finally, is there anything important to your return that we have not discussed?

SUBJECT:

The only thing I would say that has helped me cope better in this injury experience would be what experienced in my previous injury I think has helped a lot, I knew what feelings to expect at certain times; therefore I have been better equipped to cope this time around.
INTERVIEWER:

As I mentioned when we began the interview you would have the opportunity to add anything that you feel may have been important and not covered in the questions asked.

Any other suggestions or final thoughts?

SUBJECT:

No I believe everything has been covered

INTERVIEWER:

Thank you for your time and help and look forward to interviewing you again in the near future.
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<tr>
<th>Quotes</th>
<th>Authors comments</th>
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<td>As I’m playing for Aberystwyth Town it’s a means to an end for me, I’ve put myself through university and Aberystwyth Town has helped fund that with the wage I get paid from them so that motivates me to play sport for that but also because of my family as well, my wife and children have helped me go through the process of university so my motivation is to do well for them.</td>
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<td>I am a very competitive person and sport is the main way in which I can express my competitiveness. I have played football all my life and have ate, slept and drank football, whether it is watching, talking or taking part in it. When it comes to match day or even training sessions I can’t wait to get there and take part. After the match comes the social part of the game drinking in the pub with not only team mates but with people who I call my friends. We socialise as a team after football and during the week which helps keep the strong team spirit through the club.</td>
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<td>Wanting to do well, wanting to play at a higher standard as possible, try and win trophies and different competitions but also the togetherness with your friends that bring you closer together.</td>
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<td>Previous Injury Experience</td>
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<td>Ok, can you briefly summarise whether previous injury experiences have helped you to cope with this one? Yes definitely, the time when I was injured for a year experience I felt there at such a young age definitely helped me and benefit me with this injury and previous injuries because nothing is as bad as that.</td>
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<td>Do you believe that your previous injury experience can help you with your recovery for this injury? Yes I think it could, as the injuries are similar I know what to expect as to how I will feel so I think it could help me in my recovery as I have experienced this injury before.</td>
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<td>Do you believe if you had a previous injury, it may have helped you cope with this experience? It probably would have helped me cope with it because it would have given me a greater experience of what to expect about the different phases of injury.</td>
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<td>Can you describe for me the emotional responses you experienced when you were injured in as much detail as possible? I think due to this being my last year of playing football as the injury became worse I became to worry thinking hopefully this won’t end my football career, I’d like to end football the way I would like to end it, that’s me calling time not an injury calling time. I was worried, I was stressed as well because I know how important football is to me, I always want to play football so I think I was stressed, worried, anxious hoping that it wasn’t as serious as first thought.</td>
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Can you describe for me the emotional responses you experienced when you were injured in as much detail as possible?

I have been pretty lucky through my football career that I haven’t been injured a lot apart from obviously my previous injury, so when I injured myself I knew something was wrong and that it was bad. You get your bumps and bruises which are part and parcel of the game but this was more serious, I was in agony, rolling around not knowing what I had done and how I could stop the pain. Nothing else at that time was going through my head because of the pain I was in. Once the pain had calmed down a little I felt disappointed and gutted as I was in good form.

Can you describe for me the emotional responses you experienced when you were injured in as much detail as possible?

At first it was the initial disappointment of being forced out of the game, it was quite an important game so I wanted to try and help the team out as much as possible so the initial reaction was very much of disappointment at being forced off and not being able to contribute for the rest of the game.

Autonomy

Do you feel you had much control over the injury?

No, because it’s something I would do about 50 times in a game and this is the first time it’s happened. I don’t think I would have done anything differently.

Who is in control of the date that you return to sport?

I would say the decision lies with me, I will continue to visit the physio and seek his advice but at the end of the day if I don’t feel right in my body then I shouldn’t be returning.

Do you feel you had much control over the injury?

No, definitely not, football was a job for me, it has always been that life, if I had known at the end of it that this was going to be outcome there wasn’t much I could have done. So no there’s nothing I could have done.

Who is in control of the date that you return to sport?

I would like to think that it would be me, I know the manager at Aberystwyth would dearly like to have me back sooner but at my age now I think I need to be in control and decide when I need to play not rather than the teams benefit because ultimately its my toe that’s the problem, nobody else’s.
**Do you feel you had much control over the injury?**

In some ways yes and some no. I knew I had a slight problem with my knee but nothing major that prevented me from playing but I carried on playing simply because I was the only goalkeeper at the club, if I was to get injured I would be leaving the team without a goalkeeper. I’m sure with a week or two rests from the game it may have prevented it from getting worse and in the end causing my injury now.

**Who is in control of the date that you return to sport?**

I feel I am in control of the date in which I return, although there may be some outside influences and pressure from the manager I feel I need to think of myself in this case. If the injury still doesn’t feel right that I haven’t recovered fully enough then I won’t be playing. I have to be thinking of the long term damage I may be doing.

**Do you feel you had much control over the injury?**

No because it was kind of inflicted by someone else, purely accidental but because it was inflicted by somebody else, the way that they fell on top of me compressing and over-extending my back I think it was one of those accidental things that happened.

**Who is in control of the date that you return to sport?**

I think it’s going to be a combination of myself and the physio because I’m going to get ongoing courses of treatment so I believe I’ll speak to him, tell him how I’m feeling and then he can give me a diagnoses on how my back is responding to the treatment so hopefully mutually between us we can reach a target date where I can start training and playing.

**Competence**

Ok, this support that you have received, does it make you feel more competent in your recovery?

Yes it does, it makes me feel missed, it makes me feel as though I’ll be welcomed back on my return and gives me the incentive to return.

**Has this (support received) made you feel more competent in your recovery?**

Yes definitely
Has this (Support received) made you feel more competent in your recovery?
Yes it definitely makes me feel more positive in my recovery.

Have you set any personal goals in your injury rehabilitation?
I suppose I have set goals such as a return date to training. I don’t want to go back to early but don’t want to hold it off too long. If training then goes ok I will set goals on a return to competition.

Have you set any personal goals in your injury rehabilitation?
I know the toes not going to get better, in the long term it’s only going to get worse so just to play as many games as possible before the end of the season.

Have you set any personal goals in your injury rehabilitation?
I can’t say I’ve set any date to return but I’m taking it day by day really, I don’t want to rush it but of course I’d like to be back as soon as possible. I suppose the only goal so far would be to stick to the doctor and look to be playing and training again in four weeks time.

Have you set any personal goals in your injury rehabilitation?
I think obviously the nature of a back injury, back injuries can be problematic in later life so one of the key things for me is to make sure it’s right before I set a date to come back, I don’t want to come back, play a month, then suffer a similar injury because I hadn’t done the rehabilitation properly so I think it’s just to be eager that the rehabilitation goes well.

Social Support

Do you think that the support you normally have has changed since being injured?
I wouldn’t say that it’s changed; I feel there’s always been quite a lot of support around me with quite a close knit family and a close group of friends but it certainly a bit more apparent the support over the last couple of days which has certainly helped.

When you became injured, what specific types of social support did you actually receive?
Obviously at the time of the injury I had the physio there available to me so that was really re-assuring and then I also
had during the initial accident, straight after when I was being treated on the pitch I had my team mates approach me to see if everything was ok and also on the side of the pitch when I came off. not only were there family members but other spectators checking to see if I was ok and if there was anything they could help with which definitely helped.

Did the injury make you feel separated from the team? If so, how?

No I wouldn’t say that at all, obviously with my close group of friends being involved in the team as well they have still been very active in trying to make me stay positive and make sure everything is ok so I still very much feel part of it because I’m in constant contact with them.

Do you think that the support you normally have has changed since being injured?

No, still the same for my wife, she’s still protective, she would rather me not play and call it a day but I don’t feel that’s quite right, I suppose she’s looking after my best interests I suppose.

When you became injured, what specific types of social support did you actually receive?

Relating back to my wife, she would always be there to support and ask the right questions and say the right things and try to be being comforting, and parents, again, try to say the right things and look after yourself and from the manager saying the right questions.

Did the injury make you feel separated from the team? If so, how?

Again as I live so far away from where I play I was distant from the team anyway so I’ve always kind of not felt as an outsider but always not part of it because of the distance I live away so with the injury or without the injury I was always on my own anyway.

Do you think that the support you normally have has changed since being injured?

Not really I still have access to seeing anybody who supported me before I got injured.

When you became injured, what specific types of social support did you actually receive?

Well mainly family members and my girlfriend were there day in day out to help with everyday tasks and to help me getting around by giving me lifts to where I needed to go. Friends regularly rang to see if they could help in anyway and obviously the physio has given me light treatment on the knee.
so far which increase as the weeks will go by.

Did the injury make you feel separated from the team? If so, how?
Initially I felt separated in the fact that I wasn’t part of the team for next Saturday game. I do intend on going to matches though and training to still talk and feel part of the team. I along with another team member run the dummy club which is part of our end of season tour so I still feel involved with the team even though I’m not able to contribute on the field for a few weeks.

Do you think that the support you normally have has changed since being injured?
I wouldn’t say that it’s changed; I feel there’s always been quite a lot of support around me with quite a close knit family and a close group of friends but it certainly a bit more apparent the support over the last couple of days which has certainly helped.

When you became injured, what specific types of social support did you actually receive?
Obviously at the time of the injury I had the physio there available to me so that was really re-assuring and then I also had during the initial accident, straight after when I was being treated on the pitch I had my team mates approach me to see if everything was ok and also on the side of the pitch when I came off, not only were there family members but other spectators checking to see if I was ok and if there was anything they could help with which definitely helped.

Did the injury make you feel separated from the team? If so, how?
No I wouldn’t say that at all, obviously with my close group of friends being involved in the team as well they have still been very active in trying to make me stay positive and make sure everything is ok so I still very much feel part of it because I’m in constant contact with them.