This study was designed to identify specific stress sources in elite skiers who suffered season-ending injuries and compare stress source factor differences between unsuccessful and successful postinjury performers. Retrospective qualitative interviews were conducted with 21 U.S. alpine and freestyle ski team members who suffered season-ending injuries. Results were content analyzed and revealed that the 182 stress source raw data themes coalesced into eight higher order dimensions including: psychological, social, physical, medical/rehab, financial, career, missed nonski opportunities, and other. The successful versus unsuccessful skier comparisons revealed that a greater percentage of unsuccessful skiers reported a lack of attention/empathy and negative relationship social dimension concerns, as well as poor performance and inactivity physical dimension concerns. Successful skiers reported more isolation concerns. Findings are discussed relative to how athletic injuries result in not only physical stressors, but a broad range of social and psychological stressors.

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This study was designed to identify specific stress sources in elite skiers who suffered season-ending injuries and compare stress source factor differences between unsuccessful and successful... Expand. 

Most injuries were due to falls, followed by attempted jumps and collisions. “A lot of GP surgeries at the present time will have someone who is being patched together, reasonable and straightforward to extend insurance, for perhaps around £5, I think it would be reasonable to extend insurance, for perhaps around £5, to cover the costs. That way they could be seen privately, would not join NHS queues and they would get back to work more quickly.”

It is critical that explanations of injuries be presented in terms that the injured athlete can understand. An effective method to assess this understanding is to ask the athlete to provide their interpretation of information given to them. & Identifying misinformation about the injury. Injured athletes often obtain inaccurate information from a variety of sources (e.g., parents, coaches, teammates, Internet) that may contribute to confusion and emotional upheaval.

Preparing the athlete and coach (only with athlete’s permission) for the injury recovery process. Stress sources encountered when rehabilitating from season-ending ski injuries. The Sport Psychologist 11:361–378, 1997. BERGER, R. S., and M. J. ROS.

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