

Injury Recovery Pack



Heal faster with the Injury Recovery Pack from SportsMindSkills.com

If you've suffered an injury and want to get better faster this is for you!

www.sportsmindskills.com and triple Olympian Michael Blackburn PhD have created a set of three MP3 audio tracks designed to speed up your recovery to help you regain the physical and mental attributes you had before you were injured.

The [Injury Recovery Pack](http://www.sportsmindskills.com) (\$A19.95) can be downloaded from www.sportsmindskills.com and consists of three tracks:



1. Healing Faster focuses on the repair of the part of the body that has been hurt. The guided imagery starts with relaxation and then leads you through energising, strengthening and rejuvenating images to bring new life to the damaged area. (20:18 min)

2. Motivation and Goal-Setting is perfect for patients when they are a little further recovered and are beginning to do rehabilitation exercises. Setting goals will provide motivation at a time when recovery seems slow and frustrating. (4:58 min)

3. Returning to Sport with full confidence is the ultimate aim and subject of the third track in this series. In this track you'll imagine doing rehabilitation exercises to help you control technique. You'll rehearse specific skills from your sport and see yourself playing freely and strongly. (13:00 min)

- Use your mental abilities to speed up your recovery
- Guided imagery to see and feel your body heal faster
- Enhance your recovery with downloadable MP3 audio
- Re-gain confidence in movement

You can listen to samples from and download Healing Faster, Motivation and Goal-setting and Returning to Sport at www.sportsmindskills.com - follow the link under Mental Imagery.

We wish you a speedy recovery!



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