

## **Sidelined: Helping Athletes Adapt and Thrive After Medically-Forced Exit From Sport**

- Identify common psychological struggles of permanently-sidelined athletes coping with the transition out of competition.
- Explain the Stages of Grief & Transition as they relate to the permanently-sidelined athlete.
- Summarize Brown & Hogg's Model of Healthy Adjustment Following Career-Ending Athletic Injury.
- Differentiate how they can support the permanently-sidelined athlete in the six key areas of: grief and loss, identity crisis, mental health concerns, maintaining motivation, support network, and resources.

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Jordan Anderson is a certified athletic trainer; graduating with a master's degree at Illinois State University in '13 and Bachelors from Northern Illinois in '11. He currently works in the physician office setting in the Chicago suburbs. He has been in practice for 12 years in total working in the high school and collegiate settings as well. Jordan has also served as the Illinois athletic trainers association president and as vice-chairperson for Sidelined USA. Jordan has helped Sidelined USA become a much-needed resource for athletic trainers nationally, via the NATA and educational presentations.