



Guest blogger Kate gets some advice on recovering from sports injuries.

## How I got back on track

We all know we should get plenty of exercise and many of us have a favorite sport or activity. But what happens if you suffer an injury and can't practice the sport you love? How do you cope with it, and how do you recover from it? Peter Jackson, sports coach and runner, told us about his experience of being injured.

It's tough. You feel so many negative emotions. You're angry because you can't practice your sport. You feel disappointed because your body has failed you. And you're bored because you can't do what you want to do!

One morning last year I got up and noticed a problem with my right ankle. It was a slight pain at first and I thought it would go away. I'd done a long run the day before—a few miles more than usual—and thought maybe that was the reason. Anyway, I went running, as usual. I'd done everything correctly to prepare. I'd put a bandage on for support and, of course, I'd warmed up before starting.



But as I ran, the pain got worse and worse and, after three miles, I had to give up and go home. The next day, I saw my doctor who told me that I'd injured my ankle badly and that I would have to rest it for four to six weeks; that meant no running at all! It was kind of a shock. Until that point, I'd run every day for the previous four or five years, with no problems. Suddenly, I had to learn new habits. Most importantly, I had to start listening to my body, and it was telling me to rest.

Of course, at first I was very stressed by not being able to run, but I learned to manage that. It's often said that stress is caused by the feeling that we can't control a situation, and stress stops the body from getting better. So the first thing I had to understand was that I was in control because I was helping myself get better. I couldn't take part in running any more, but by resting my ankle and doing the exercises that the doctor had shown me, I was taking part in my recovery. I learned to be patient, to accept that it takes time to get better and, above all, I learned to be positive and to believe that I would recover.



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**2** Choose the correct options to complete the sentences.

- 1 According to Peter, after a sports injury you feel
  - a upset and annoyed.
  - b surprised and frightened.
  - c tired and embarrassed.
  
- 2 Peter hurt his ankle
  - a when he got up one day.
  - b while he was running.
  - c when he was preparing to run.
  
- 3 Peter's doctor told him
  - a to stop running for a few weeks.
  - b to run shorter distances.
  - c to stop running completely.
  
- 4 Peter had
  - a had a few injuries in the past.
  - b never injured himself before.
  - c only recently started running.
  
- 5 Peter says that stress
  - a makes it take longer to recover from injury.
  - b is hard for most people to control.
  - c can make it difficult for him to run.
  
- 6 Peter says that he
  - a thought his ankle would never get better.
  - b was impatient to recover as quickly as possible.
  - c did what his doctor had told him to do.