PAIN: FROM PERSONAL TRIUMPH TO SPORTS PERFORMANCE
Rubio Katia, Godoy Moreira Flavio
(University of São Paulo, Brazil)

Introduction
In sports of high performance the level of ability is not enough to obtain success. Overcoming obstacles is a constant physical and psychological challenge for the athlete in a world where it is imperative to maintain control while facing the risk of lesions (KVIST, SPORRSTEDT, GOOD, 2005; WILLIAMS & ROEPKE, 1993). One of the events widely accused as a limitation for performance is pain, principally because common belief makes for the association of pain due to lesion. Although the actual extent of its limiting force on performance has been little studied, perhaps due to ethical difficulty caused by the need to experiment with human beings, its importance should not be underestimated (BROLINSON & SAMPSON, 2003; GLICK & HORSFALL, 2005).

Methods
The study included 45 Brazilian athletes, winners of Olympic medals in 8 different modalities. The athletes were interviewed in a life-story format so that elements could be gathered. The episodes, in which pain occurred with or without lesion, were then analyzed (RUBIO, 2006).

Results
The results demonstrated that personal triumph in this context signifies the ability to overcome a moment of enormous difficulty through strong psychological determination, which in turn results in final rehabilitation. The lesions were comparable to obstacles that could have interrupted or hampered the athlete’s career, however once the obstacles were overcome the result was a re-signification of victory through triumph.

Discussion/Conclusion
The athlete plays a decisive role in the successful treatment of lesions, however team participation, which includes the trainer, the physician and the athlete’s family, represents a fundamental part of this process. It is worthwhile to say that tapping into and mobilizing the athlete’s psychological reserves, the professional team and the social environment contribute greatly to a rapid and steady recovery. The ability an athlete has to resist lesions and the capability to recover from them when they do occur is as decisive in the course and duration of a competitive sports career as it is for the achievement of the athlete’s full potential.

References


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