

# Health Beyond the Medical

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# Course Objectives

- Personalize your definition of Health



# Course Objectives

- Gain an appreciation of integrating all the domains of health in our rehabilitation plans



# Course Objectives

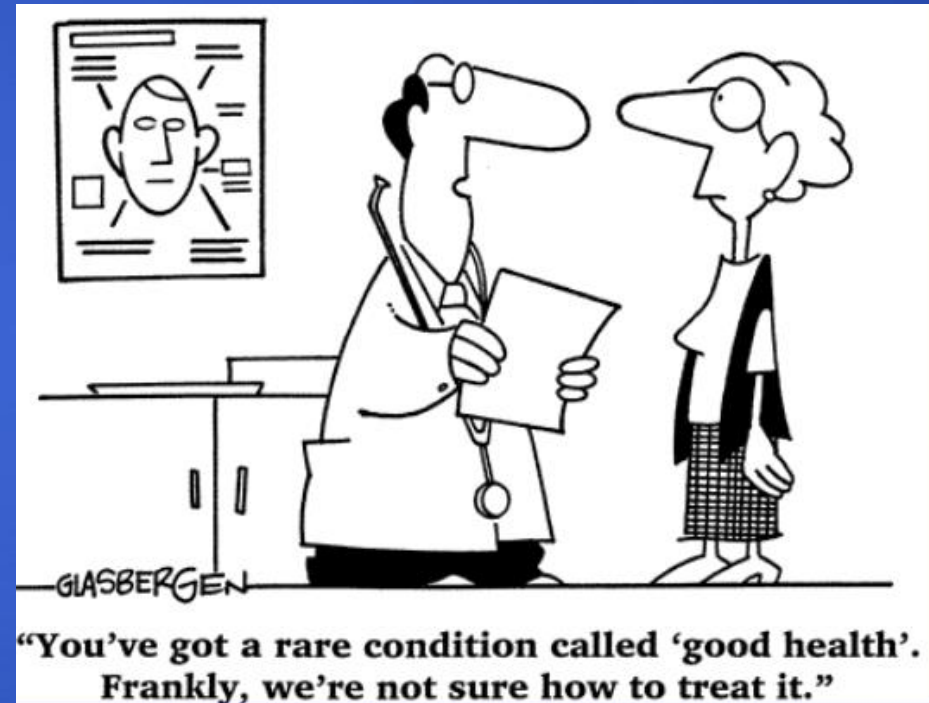
- Appreciate the **Power** and **Responsibility** regarding the impact you have on the health of your client

# What is Health?



# Medical Definition

- Health is the absence of disease - the opposite of sickness.
  - World Health Organization (WHO)
- Physically Minded
  - Treat with Medicine
    - Pain killers
    - Anti-inflammatories
    - Antidepressants



# The Root of Health

- Maslow's Hierarchy of Need





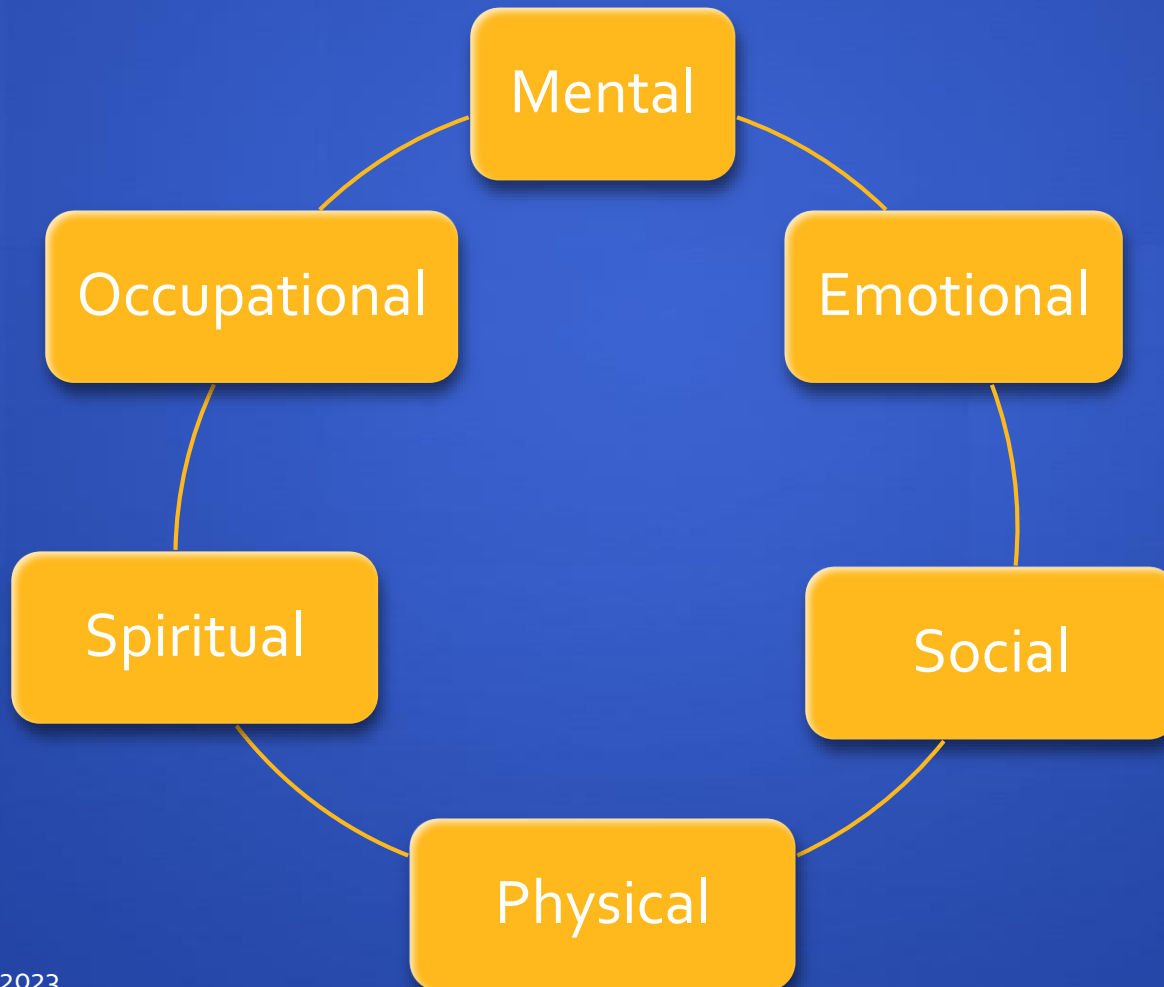
# Current and Evolving Definition

- Health is the **quality** of life including:
- Mental
- Emotional
- Social
- Spiritual
- Biological (Physical)

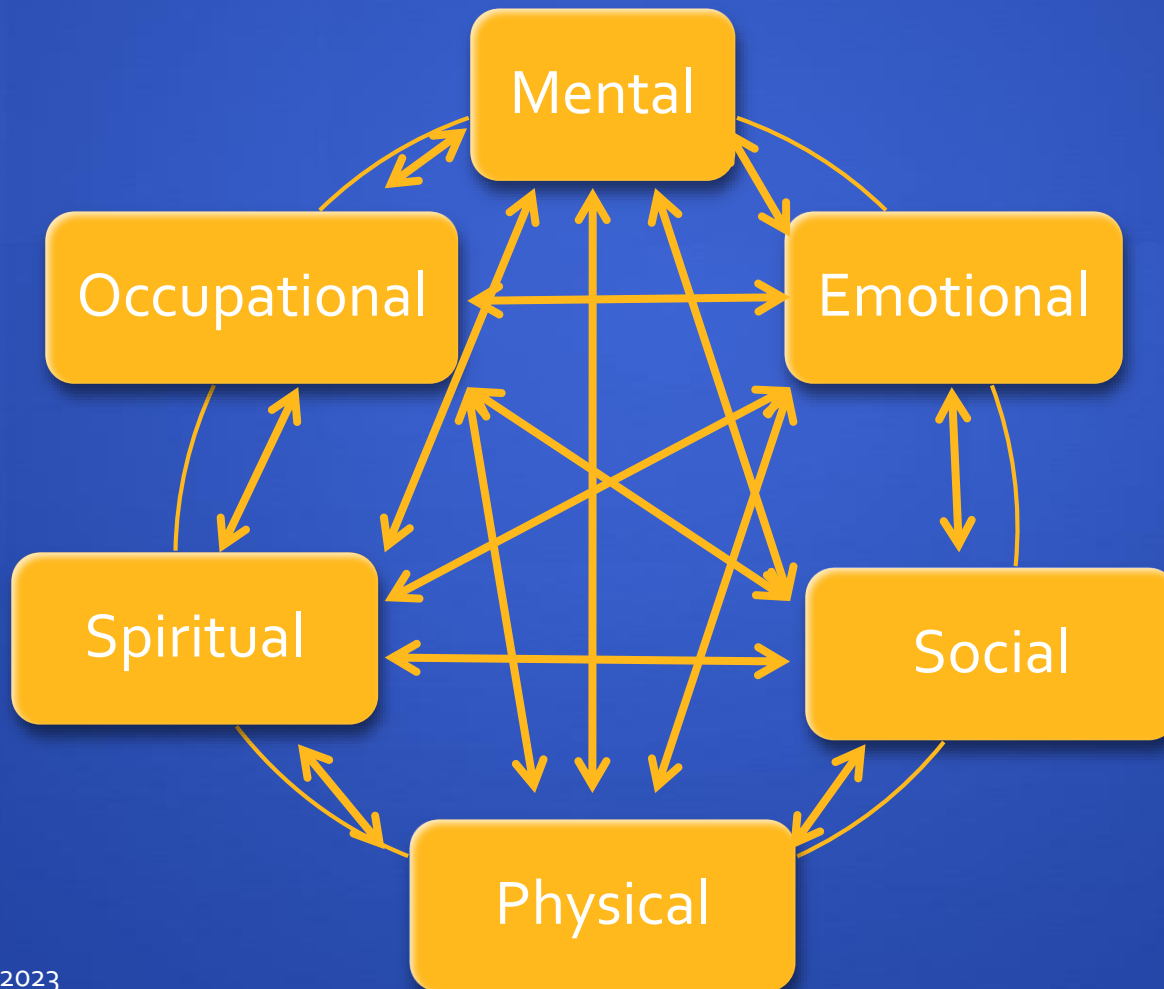




# Holistic Health

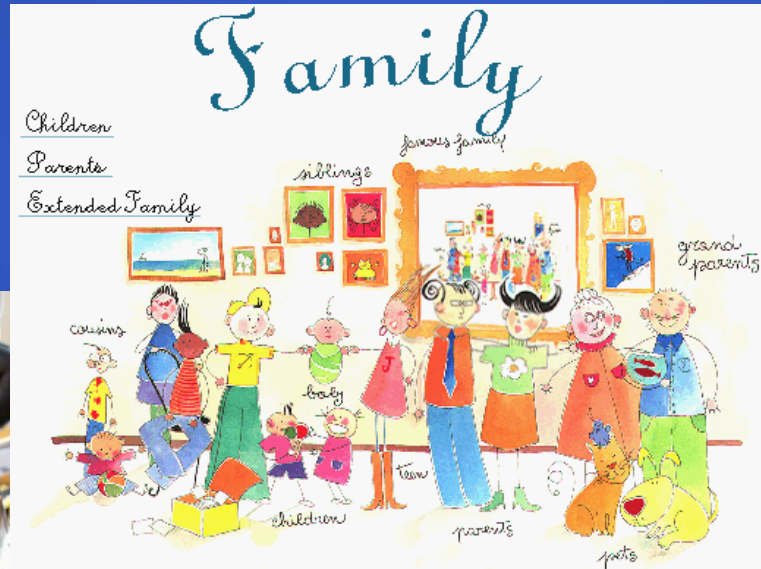


# Interdependent Health



# Interdependent Settings

- Workplace



- Home

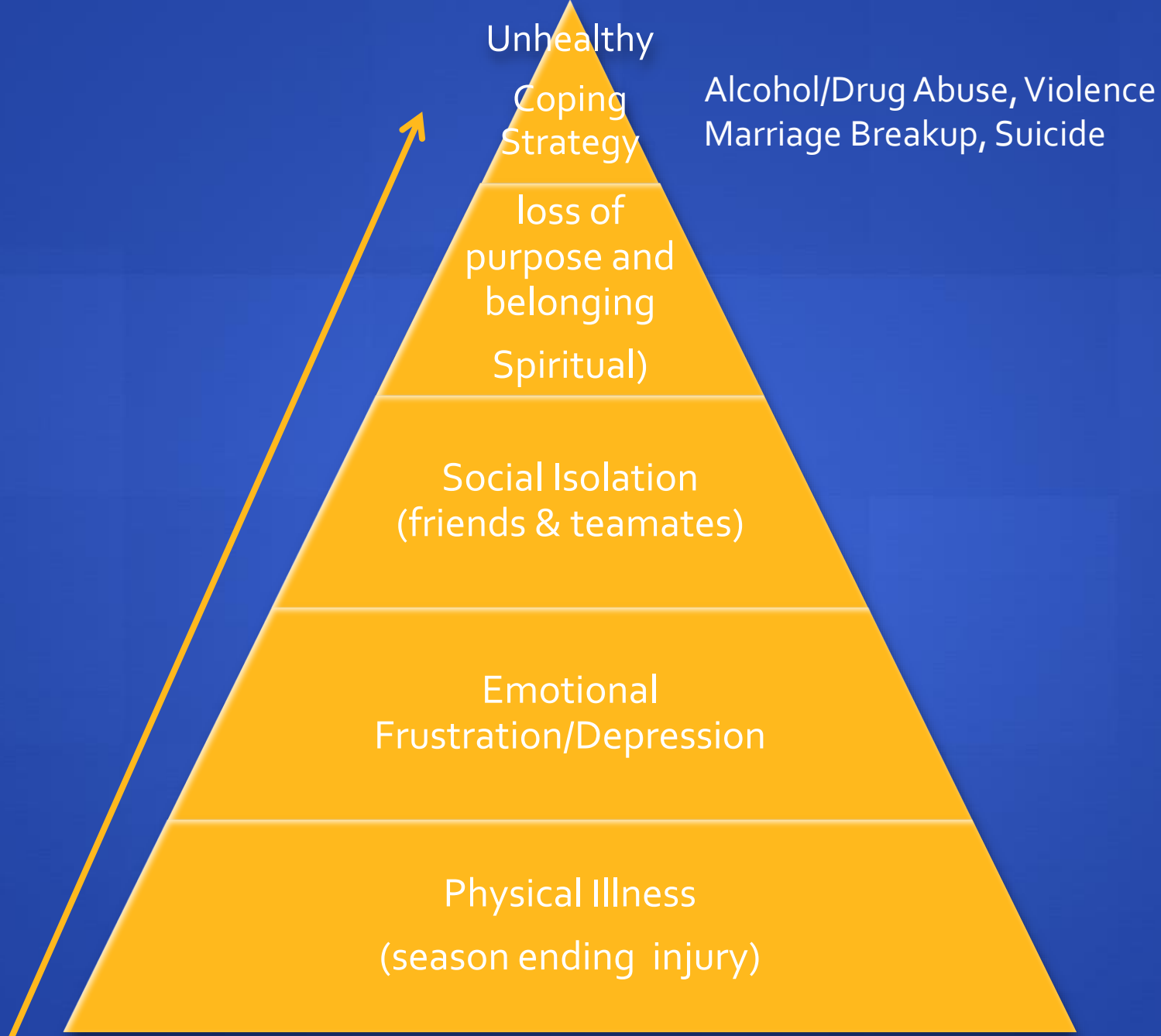
- Personal

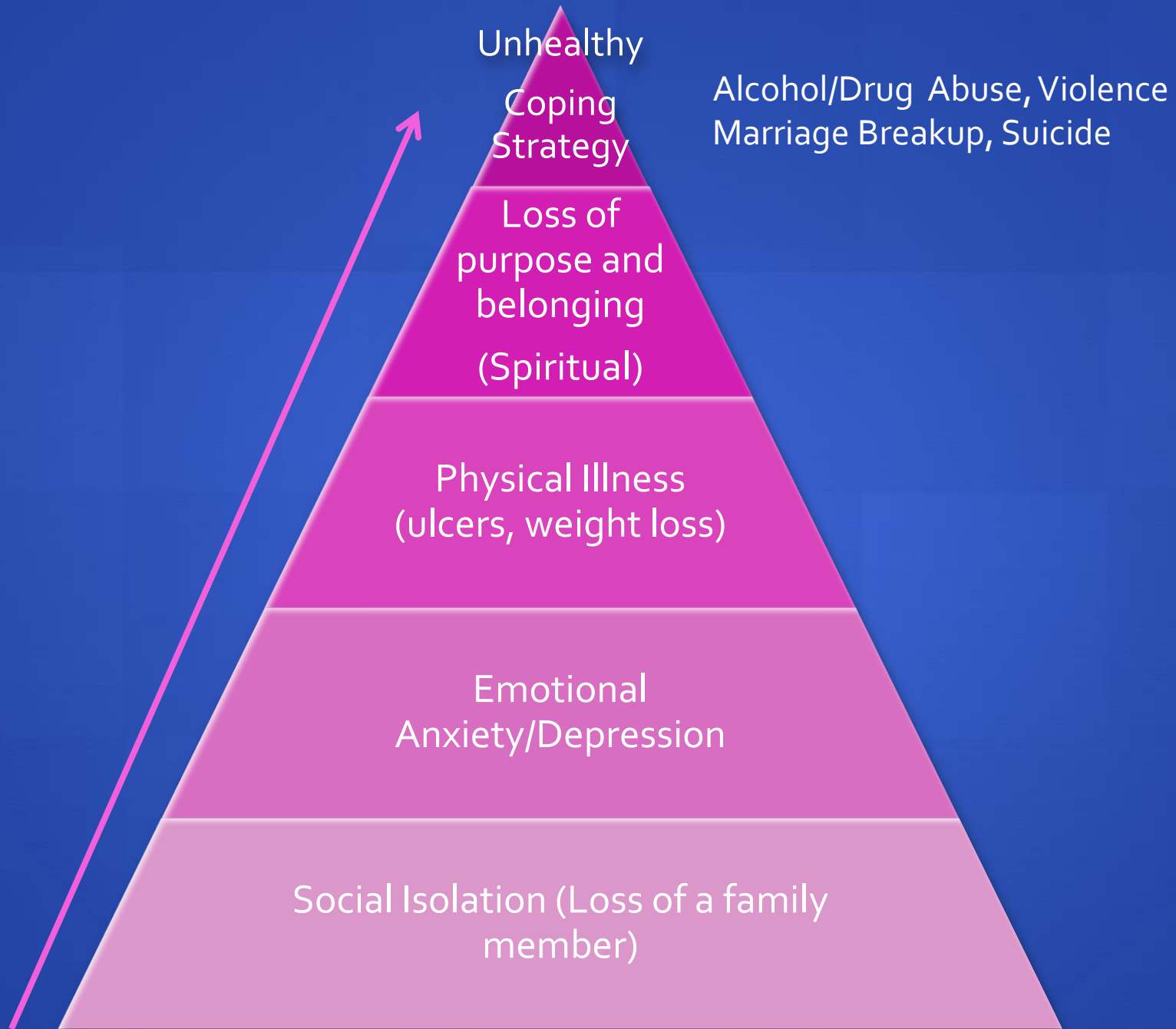


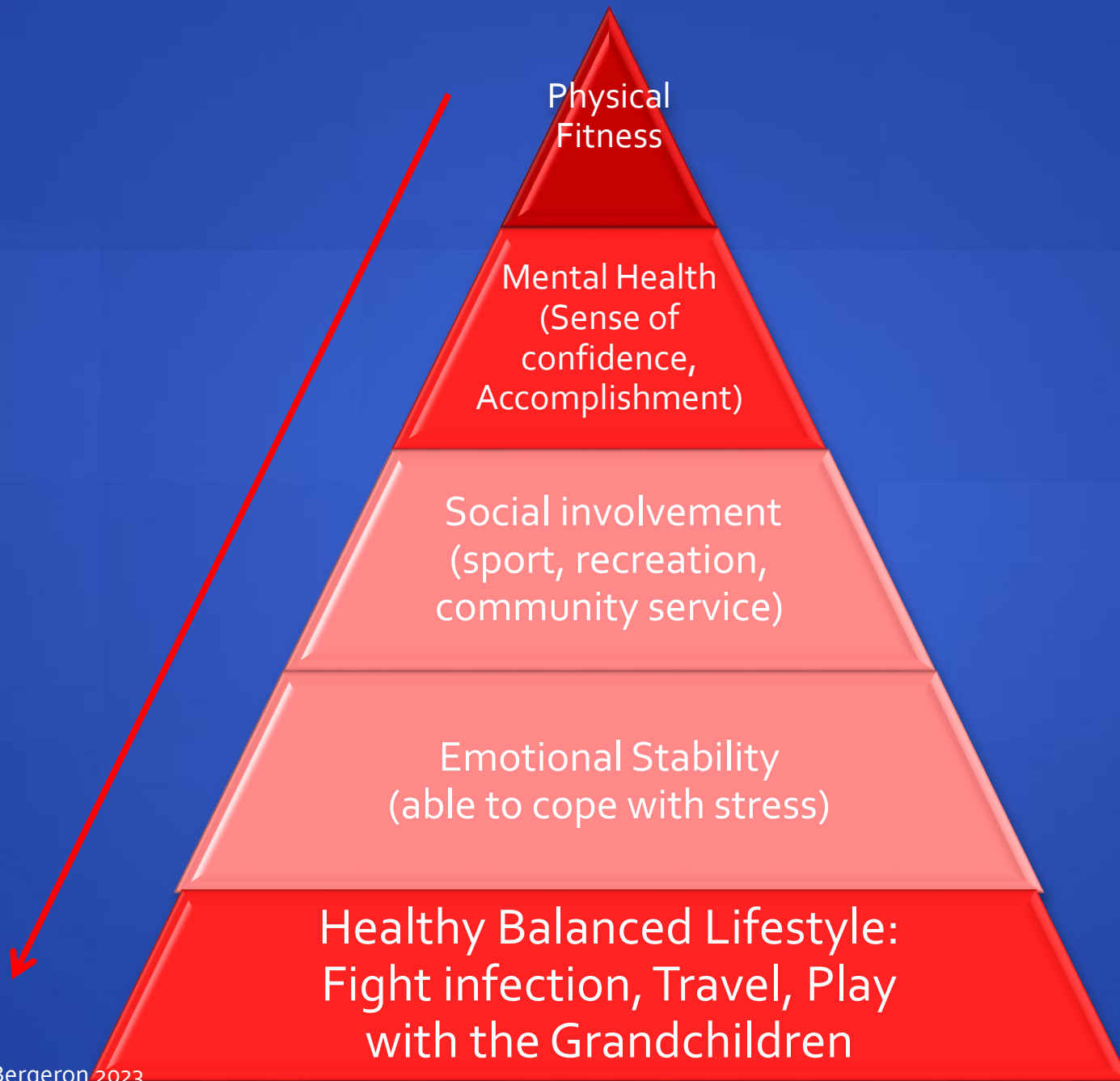
- Community

# Pyramid of Interdependence

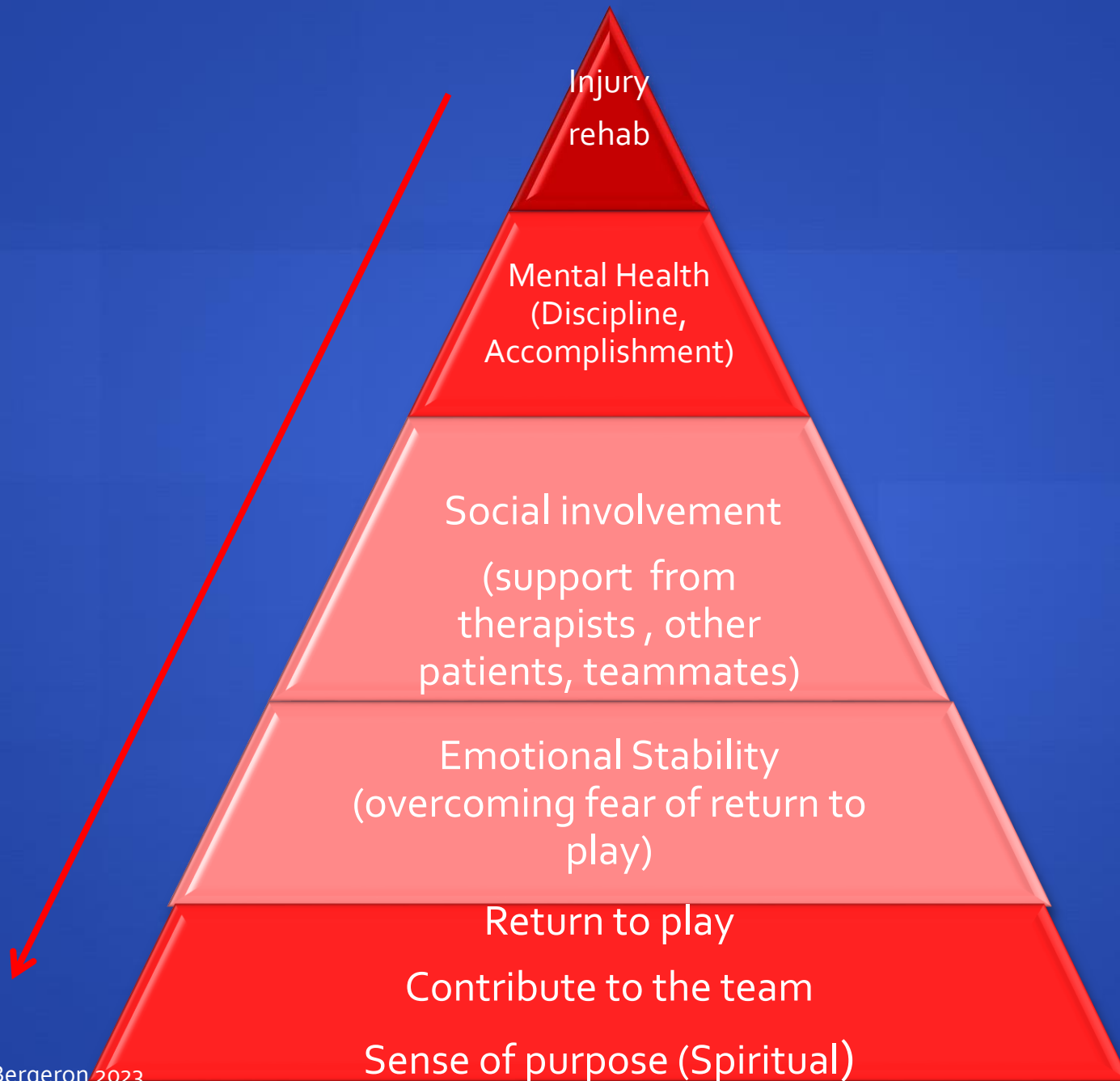














# Athletic Training and Therapy

How do we as Athletic  
Trainers/Therapists  
promote health?



# Athletic Training and Therapy

The Biopsychosocial  
Approach

# Mental Health

- Educate your athlete on the extent of the injury
  - Anatomical models
  - The internet
  - Imaging
  - Test results
- Inform them about the rehabilitation process and timelines
- Include them in the decision-making process



# Emotional Health

- Acknowledge their:
  - Fears
  - Concerns
  - Frustrations
  - Anger
- Give them time and space to grieve
- Help them to accept the situation
- Support a resilience to tackle the challenge at hand (rehab)



# Emotional Perspective



# The Smashed Car

- You can be angry, frustrated, and upset..... and have a smashed car  
Or....





# The Smashed Car

- You could be calm, controlled and reserved.... and have a smashed car....



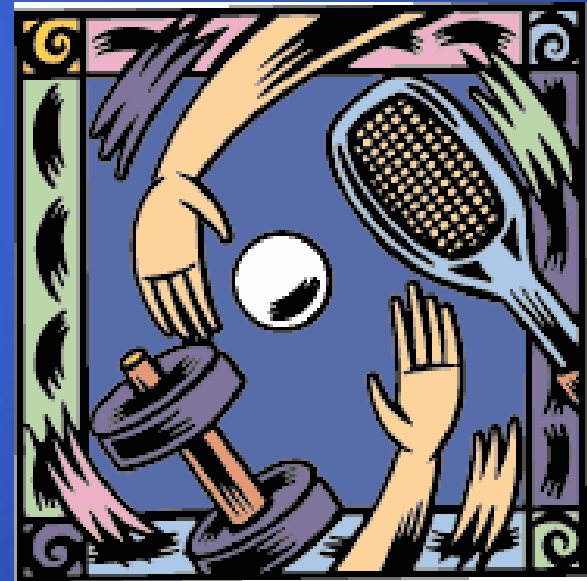
# The Smashed Car

- Either way.... You have a smashed car
- How would you prefer to feel and act?



# Physical Health

- This is where our primary expertise lies:
- Emergency Care
- Acute
- Subacute
- Return to Play
- Injury prevention



# Social Health

- Support from others
  - Teammates
  - Coaches
  - Therapists
  - Physicians
  - Sport Scientists
- Family
- Friends
- Role Models



# Social Health

- The Clinic can be a source of Social support
  - Receptionist
  - Therapists
  - Other Patients
- Goal oriented encouragement





# Predictor of Long life



- <https://www.youtube.com/watch?v=4NoAsFGCjkA>

# Spiritual Health





# Spiritual Health

- “Universal Fit”
- A **need** to be a part of something
- A **need** for purpose and direction
- A **need** to connect to the **Past** with the **Future** in the **Present**.
- Past - Present - Promise



# Spiritual Health

- Your Athlete needs goals
  - Short, medium and long term
  - ROM, Strength, Power, Skill reacquisition, Return to play
- Your Athlete needs to feel hopeful
  - There is light at the end of the tunnel
- Your athlete needs to feel wanted (team)



# The Three Essentials of Life

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- Something to Do
- Someone (thing) to Love
- Something to Hope For

Joseph Addison

1672- 1719

# The Power of the Word

- It only takes an instant to say or do something that will last a lifetime.
- In that instant, you have the **POWER** to affect a person in a positive or negative way.
- You also have a **RESPONSIBILITY** to affect everyone you meet in a positive way.
- It is your **SPIRITUAL** reason for getting up in the morning.

# Jackie Robinson once said:

“Life is not important....

it is the impact it has on others that counts”



# *In Reality.....*



**"Every day I walk for 30 minutes, I drink 8 glasses  
of water, and I eat 5 fruits and vegetables...  
BUT I'M STILL GETTING OLDER!"**

# The University of Winnipeg





# *Thank You*



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