

Abstract

Introductory Statement

The scope of occupational therapy (OT) focuses on social, emotional, and mental health, while also covering various affairs such as transitional stages, stress management, instrumental activities of daily living, and physical rehabilitation. Despite the profession's wide scope of practice, there is little to no research examining OT's potential role in supporting transitions for the profession in collegiate and professional athletes. Minimal information indicates a gap in knowledge for the need of occupational therapy in collegiate and professional sports. Persistent complications post-rehabilitation could be a result of improper recovery tactics for the specific individual and condition. OTs are trained to collaborate with other health professionals to enhance, modify, restore, and or maintain athletic performance while keeping the individual as a whole in mind.

Purpose

The purpose of this research study is to identify how occupational therapy may benefit collegiate and professional athletes in sports. Transitional periods throughout the duration of collegiate and professional careers are inevitable. Research conducted in this study will be used to identify areas in which OT's can support transitions to ensure preparedness of what is to come in the physical, mental, and social aspects of the individual.

Methods

This mixed method study allows participants to give details of their experiences, while also gathering-quantitative data to identify patterns and areas of needs. Participants, professional and collegiate athletes, will be recruited through the researchers' personal connections with multiple players and staff members.-A ten-question survey, administered through Qualtrics, will include Likert-scale questions along with a few open-ended questions and will be used to identify ways athletes can positively benefit from OT services. Participants' responses will be analyzed using qualitative and descriptive methods. It is predicted that the results of this study will elucidate why OTs are a great addition to the athletic staff rosters.

Findings

Data collection is in progress and data will be included as part of the final presentation.

Contribution to Discipline

It is intended that upon completion of this study, results will shed light on how occupational therapy will provide and support transitional services to individuals within the collegiate and professional sports industry.

Professional Writing

We plan to submit for publication following completion of data collection and analysis.