

Dr. Steph's Volleyball Injury Prevention Tip of the Month

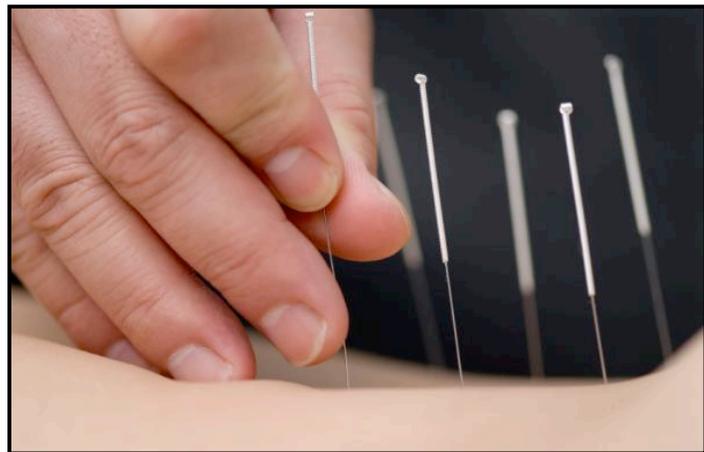
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Lower back pain is a very common sports injury that unfortunately affects many athletes throughout the season. Common sources of back pain are spinal misalignments, pelvic imbalances, disc herniations, muscle spasms, and nerve entrapments. These injuries may occur in volleyball from incorrect spiking or serving technique or landing incorrectly after jumping. Along with joint adjustments and soft tissue work another excellent treatment to decrease back pain quickly is Contemporary Medical Acupuncture.

Contemporary Medical Acupuncture is a precise peripheral nerve stimulation technique. It is an adaptation of Chinese acupuncture using current knowledge of anatomy, physiology and pathology, and the principles of evidence based medicine. Single-use sterile acupuncture needles are inserted into specific anatomical sites and stimulated manually or with electricity.

Every acupuncture treatment is individualized to the patient's clinical condition. General therapeutic goals of the acupuncture treatment are functional to help correct abnormal activity of the nervous system such as pain or nausea. Specific therapeutic goals are focused more on the structures where the abnormal activity is taking place such as a specific joint, muscle, tendon, or nerve.



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Contemporary Medical Acupuncture is often used as a therapeutic modality along with other chiropractic techniques such as adjustments, soft tissue work like Active Release Technique® or Graston Technique®, Kinesio® Taping, and rehabilitation. Acupuncture can be effective in treating other volleyball injuries including shoulder, neck, elbow, knee, hip, and ankle pain. In all cases, the faster a diagnosis is made and treatment can begin, the faster healing can occur!

Dr. Stephanie Anisko is the chiropractor for the Canadian Olympic Diving Team and is trained as a Contemporary Medical Acupuncturist through McMaster University. She has provided chiropractic treatment to members of Pakmen Volleyball Club since 2008 including the Men's U18 National Championship team. If you have questions about lower back pain, spine injuries or Acupuncture, please email her at dr.stephanieanisko@gmail.com or call **(905) 812-0644** to book an appointment with her at AIM Health Group Mississauga. www.drstephanieanisko.weebly.com