

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

June 2013



FOAM ROLLING

FOR INJURY PREVENTION AND TREATMENT

Foam rolling has become a very popular form of self-myofascial release, a technique to loosen muscles and release trigger points in overactive muscles. Although more scientific research is needed in this area to investigate its connection to performance enhancement, clinically athletes and therapists commonly report pain relief, improved mobility, and decreased muscle tension. A foam roller is a great tool to use at home, take to the gym, or to volleyball practices and tournaments to aid in warm-ups and cool downs. Foam rollers can also be used as a tool for core exercises.



Foam rollers come in a variety of shapes, sizes, and firmness. Different colours of foam are typically associated with different levels of firmness where white foam rollers tend to be a bit softer and are good for beginners to use. Black or blue foam tends to be firmer which may maintain its shape longer. Firmer foam can feel a bit more aggressive if you have very tight muscles and a lot of trigger points. There are also rollers made from piping with padding and grooves and nubs that will deeply stimulate trigger points. Foam rollers typically range in price from \$20-\$60 depending on the size and material. When rolling usually 30-60 seconds per area can be helpful before moving to the next body part. Hold a position if you come across a painful trigger point until you feel some release. Foam rolling can be done daily or multiple times a day along with stretching to help in prevention and treatment of volleyball injuries.

Foam rolling for increased extension mobility in the mid-back (thoracic spine) can assist in mechanics and range of motion of the shoulder and neck. This is helpful for volleyball players as the shoulder is a very important joint in spiking, serving, blocking, and passing. This can be accomplished by lying on your back on top of a horizontally positioned roller, stabilizing your core, and then moving up and down. My husband Geoff is demonstrating in the picture above.

Foam rolling to release tension in the hips and knees to treat and prevent Jumper's Knee (Patello-Femoral Pain Syndrome) and Ilio-Tibial Band Syndrome in volleyball players can be done by using the technique of lying on your side on top of a horizontally positioned foam roller and moving your body up and down from your hip down your leg to your knee. (as seen in the picture).



Dr. Stephanie Anisko is the chiropractor for the Canadian Olympic Diving Team and is certified in Contemporary Medical Acupuncture 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 foam rolling for injury prevention and treatment please email her at dr.stephanieanisko@gmail.com or call **(905) 812-0644** to book an appointment with her at AIM Health Group Mississauga.

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