

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

February 2013



Jumpers' Knee (Patello-Femoral Pain Syndrome) is a painful injury that volleyball players are prone to due to strenuous jumping. It typically involves inflammation, small tears or scar tissue in the patellar tendon. It may occur from a foot, ankle, hip, or pelvic issue, which must be corrected to take strain off the knee. It is also very important to loosen up muscle and scar tissue that can accumulate in the lower limbs. Graston Technique® is an instrument assisted soft tissue technique that is exceptional to reduce pain and scar tissue for Jumper's Knee.

GRASTON®

TECHNIQUE

Graston Technique is an innovative and proven approach to the diagnosis and treatment of connective soft tissue injuries — Graston Technique. The Technique is performed with patented stainless-steel instruments designed to detect and treat soft-tissue fibrosis or chronic inflammation in order to reduce pain and restore function.



Pakmen Volleyball Player Nathan Murdock & Dr. Steph after Graston Tehcnique Treatment and KinesioTaping

When connective tissue, such as muscle, ligaments or tendon become restricted or scarred, it can result in pain, tenderness, loss of flexibility and motion. It is not unusual to find a restriction in one part of the body that produces pain and dysfunction in another area, commonly known as the kinetic chain. Knee problems such as Jumper's Knee tend to be a result of a dysfunctional kinetic chain. The sooner the problem is detected and treated, the faster the healing occurs with less pain, more flexibility, and a better vertical jump!



Dr. Stephanie Anisko is the chiropractor for the Canadian Olympic Diving Team and is a fully certified Graston Technique provider and one of only a few providers in the Mississauga area. 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 knee injuries or Graston Technique, please email her at dr.stephanieanisko@gmail.com or call **(905) 812-0644** to book an appointment with her at AIM Health Group Mississauga.