

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

August 2013

FASTER, HIGHER, STRONGER!

The Importance of Rehabilitation and Conditioning

It is hard to believe that almost one year has past since the summer Olympics in London! In keeping with the Olympic motto *Citius, Altius, Fortius*, which is Latin for "Faster, Higher, Stronger" I want to focus on the last element "Stronger," as from strength comes speed and height! I had knee surgery for my ACL and meniscus at the end of June and really can attest to the importance of rehabilitation and conditioning!



"I want to *run faster, jump higher, and be stronger*" is something I hear from my athlete patients all the time. With knowledge, hard work, and a specific training plan, anyone can achieve these elements to be a better athlete and live a healthier life. This can get complicated when athletes have injuries. Injuries need to be treated first and foremost to make sure there is proper neuro-motor functioning (muscles need to work properly through

the nervous system) before actually strengthening them. Chiropractors, physiotherapists, massage therapists, athletic trainers, osteopaths, etc. can be part of a team to speed up healing of an injury. Once the muscles are activating, it is critical to rehabilitate, condition, and strengthen the body to get back into the game and prevent future injury. Personal trainers and strength and conditioning coaches should also fit into this equation. I am fortunate to have my husband Geoff as a resource as he is a trainer with a background as a professional baseball player and Canadian National Team member. Conditioning is an integral part of any professional and elite athlete's routines.

Too many times athletes go back to sport too quickly before completing rehab. Once you have a stable and strong foundation, you can work on your strength. The stronger your body is, the faster you will be able to run and the higher will be able to jump!

If you are taking the summer off from volleyball if you are not hitting the beach courts, spend some time getting stronger in the off-season. If you need assistance, get the help from a professional. The results will pay off in the fall!



Dr. Stephanie Anisko is the chiropractor for the Canadian Olympic Diving Team, is a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association 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 rehabilitation for volleyball injuries 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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