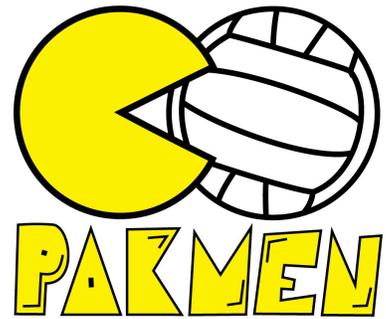


# Dr. Steph's Volleyball Injury Prevention Tip of the Month

April 2014

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## Lower Back Injuries & Prevention with Core Strengthening

Lower back pain is a common volleyball injury. It can often progress from an acute injury into a chronic problem if not treated appropriately. Common causes for lower back injuries in volleyball are not warming up enough before playing, overarching the spine during a spike, serve or set, diving for a ball and landing improperly, having an overall lack of strength in the core muscles, and decreased overall flexibility.

As a chiropractor, I see many volleyball athletes that have lower back pain. I commonly see the joints in the lumbar (lower) and sacro-iliac (SI) spine get jammed up and misaligned. Also ligaments crossing the joints and muscles in the lower back, gluteals, and hips get sprained and strained. Spine adjustments, soft tissue techniques like Active Release Technique® and Graston Technique®, acupuncture, and KinesioTaping® are excellent to decrease back pain quickly. If you are experiencing back pain that is not resolving, please consult with your chiropractor, physiotherapist, athletic therapist, doctor, etc. There may be an underlying injury that requires an x-ray or MRI.

### Lower Back and Core Rehabilitation



In addition to manual therapy for lower back pain, it is very important for volleyball players to strengthen their core (torso, abs, lower back, and, gluteals). A basic exercise that is good to strengthen the core and is safe on the spine is called a "Bird Dog" or "Cross Crawl" as seen in the picture above. Start by squeezing your abdominal muscles ("abdominal brace") and gluteals and raise the opposite arm and leg at the same time maintaining your balance. Progress from 10 repetitions on each side for 1 set to 3 sets of 10 repetitions on each side. Include this in your warm-up at volleyball practice and at tournaments.

### **VOLLEYBALL HIGH PERFORMANCE ASSESSMENT**

**\$50 Special Now Extended Until May 2014!**

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, is certified in Active Release Technique (ART), Graston Technique, and is a Certified KinesioTaping Practitioner (CKTP). She is trained 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 volleyball injuries please email her at [drsteph@drstephanisko.com](mailto:drsteph@drstephanisko.com) or call **(905) 812-0644** to book an appointment with her at AIM Health Group Mississauga.

Visit her website for more information and volleyball injury prevention tips!

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