

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

January 2014 [www.drstephanisko.com](http://www.drstephanisko.com)

Happy New Year Pakmen Volleyball Club!



### Pakmen Player Profile: AVY BATH

Avy is the starting left side on Pakmen's Boys' U14 Team under the great coach Kelly Smith. Their team has already won Gold and Silver this year and Avy has been named tournament MVP. He won the 2013 Ontario Beach Volleyball Championships in August. I have had the honour to work with many of Kelly's star volleyball players over the past few years (the first being Coach Jessy Satti of the Men's 18U 2008 National Championship team!). One thing is consistent...when injuries are present we need to get them healed up quickly so players can get back on the court!

Avy needed help with a common volleyball injury called *Patello-Femoral Pain Syndrome* (or Jumper's Knee). During our assessment we found some muscle weakness, flexibility imbalances, spinal misalignment, and muscle tightness and scar tissue from the lower back down into the knees and legs. After treatment with muscle release techniques like ART, Graston Technique, stretching, spine adjustments, and KinesioTaping we found great improvement in Avy's symptoms! Home stretching and strengthening of hip and leg muscles will continue to achieve greater improvement and maintain good function and decreased pain.

### VOLLEYBALL HIGH PERFORMANCE ASSESSMENT

\$50 Special Now Extended Until May 2014!

Call (905) 812-0644 to book a **volleyball high performance assessment** for \$50 (\$70 regularly) with Dr. Steph that will last one hour. She will take a thorough history and perform a volleyball specific assessment to test for imbalances and dysfunctions in the muscles and joints. She will create a plan to address any imbalances or dysfunctions through stretching and strengthening. Dr. Steph will also give a complimentary KinesioTaping application (Regularly \$11.30) to a body part that is highlighted in the assessment that needs correction. **(This is assessment is covered under your chiropractic benefits from your insurance).**

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 [dr.stephanieanisko@gmail.com](mailto:dr.stephanieanisko@gmail.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!

[www.drstephanisko.com](http://www.drstephanisko.com)