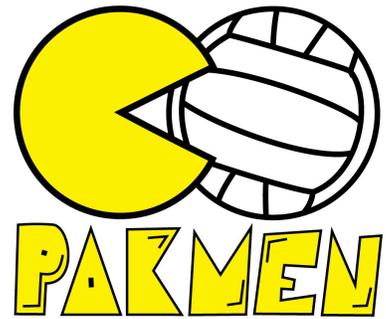


Dr. Steph's Volleyball Injury Prevention Tip of the Month

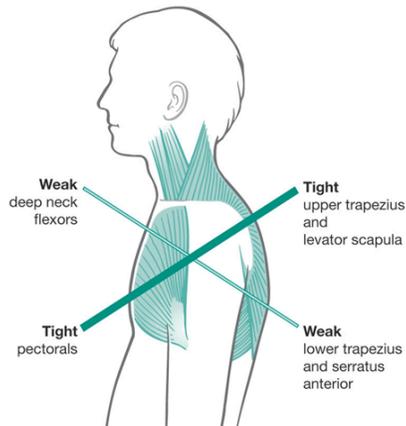
May 2014

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POSTURE, POSTURE, POSTURE!

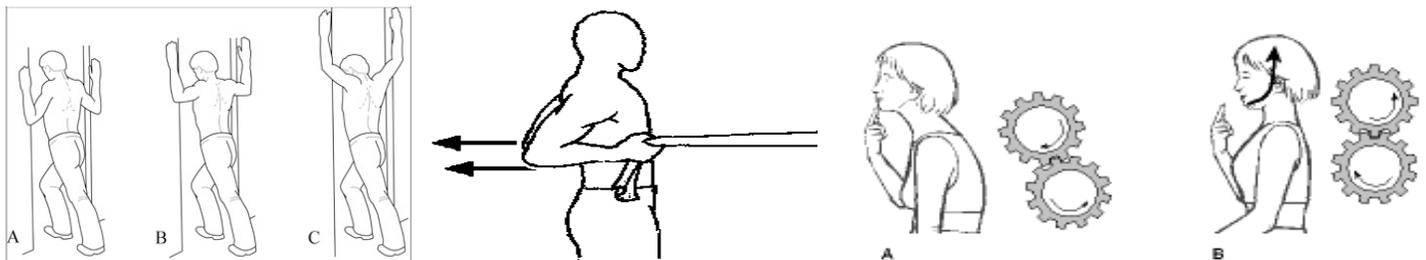
Good luck to all Pakmen Teams at Nationals!



Parents often bring their children and teenagers to see me for an assessment because they are concerned about their posture. Since most volleyball players in Pakmen are also students, posture is an extremely important topic as it becomes quite easy in school to slouch in class, while studying or while using cell phones, laptops, iPads, etc. Poor posture can lead to a condition called **Upper Cross Syndrome** (seen in the picture on the left). You can recognize this posture when you see shoulders are rolled forward, the chin is forward, and the upper back is rounded. **Upper Cross Syndrome** leads to tight muscles in the chest and neck, as well as weak muscles in the front of the neck and mid-back. Over time this can lead to *neck, mid-back, shoulder, arm, and lower back pain, headaches, and even TMJ (jaw) issues* which can affect volleyball performance.

As a chiropractor, I see many volleyball athletes that have poor posture. Spine adjustments, soft tissue techniques like Active Release Technique® and Graston Technique®, acupuncture, and KinesioTaping® are great techniques to decrease the pain of postural strain. It is very important to become more aware of your posture to prevent future injuries, especially if you want to play volleyball for a long time!

Upper Cross Syndrome: Posture Rehabilitation Tips



Above are a few exercises to help correct Upper Cross Syndrome. Stretching the chest muscles in the doorway or in a corner (hold each stretch at least 30 seconds, daily), using stretchy exercise bands (e.g. Thera-Band) to do row exercises squeezing your shoulder blades together (work up to 3 sets of 10 repetitions daily), and chin tuck exercises to straighten out the neck and upper back.

VOLLEYBALL HIGH PERFORMANCE ASSESSMENT

May \$50 Special (Dr. Steph will be on maternity leave starting June for a few months!)

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 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