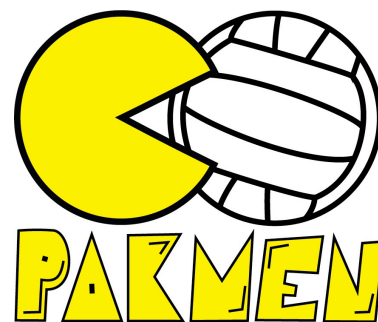


Dr. Steph's Volleyball Injury Prevention Tip of the Month

June 2014

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Welcome to the Beach Volleyball Season! Preventing Common Beach Volleyball Injuries



Now that indoor nationals are finished, the beach volleyball season is up and running! Pakmen has many excellent programs, which I hope you are taking advantage of along with great coaching and clinics! Beach volleyball is a great way to keep up and improve your volleyball skill set over the summer, stay in shape, and enjoy the warmer weather!

As with indoor volleyball, beach volleyball players can be prone to similar injuries. A research study on professional beach volleyball players found the most common acute injuries that resulted in missing practice or competition were knee (30%), ankle (17%), and finger injuries (17%). The three most common overuse conditions were low back pain (19%), knee pain (12%), and shoulder problems (10%). First aid injuries can also occur if there is garbage hidden in the sand creating cuts, bleeds or sprains. Hot weather can cause sunburns, heat stroke, and dehydration. Beginner and more experienced beach volleyball players may also be susceptible to similar injuries as professional beach players. It is important to review some key points to prevent these injuries.

Key Tips to Preventing Common Beach Volleyball Injuries

- *Make sure to survey the beach court before playing to make sure there is no debris that you might land on and hurt yourself (keep a first aid kit with you)*
- *Bring layers of clothes to wear if the weather is cold and sun protection for hot days as well as lots of water to drink and food/snacks for longer tournament days*
- *Arrive early enough to practices, games and tournaments to allow time for a thorough full body warm up (including dynamic movements and stretching)*
- *Consider doing a flexibility, strength and conditioning program throughout the summer to prevent overuse injuries and get stronger for the indoor season (include core exercises and shoulder strengthening for the rotator cuff muscles)*
- *Minimize any preliminary injuries with manual therapy treatment from your chiropractor, physiotherapist, massage therapist, athletic therapist, osteopath, etc.*

Dr. Steph will be on maternity leave starting June until 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 (NSCA), 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



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

www.drstephanisko.com