

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

May 2013

CONGRATULATIONS to all of Pakmen's Provincial Champions!



Sprains and strains are very common in volleyball and among all sports. Unfortunately even ligament or cartilage tears or even broken bones can result from a bad injury. After ruling out any serious emergencies and having your injury diagnosed by a medical doctor or chiropractor, many people feel uncertain about what they can do to help speed up the healing process and reduce inflammation beyond icing, anti-inflammatory medication or nutritional supplementation. Two excellent treatment modalities are **Pulsed Electromagnetic Field (PEMF) treatment** and **Cold Laser therapy** (or Low Level Laser LLL) which are painless and very effective to accelerate healing. A good example is myself!

Playing in a volleyball tournament this past weekend, I injured my knee and possibly tore ligaments. To reduce swelling, pain, and stiffness I have applied a combination of treatments including PEMF, laser, KinesioTaping, percussion, electro—acupuncture, icing, and anti-inflammatory nutritional supplements. Although this injury may require surgery to repair the ligaments, I rely on these therapies to get me functional as quick as possible so I can be on my feet again treating my patients this week! The same concept for returning to sport quickly, safely, and more fully healed.

Cold laser and PEMF treatments have received more attention recently as Dr. Oz showcased both treatments on separate shows. Combining the two therapies together are even more effective! In the picture is Coach Nenad Djuric of the Men's U18 team receiving PEMF and Cold Laser treatment on his knee!

Pulsed electromagnetic field (PEMF) treatment can be very effective to reduce bruising, inflammation, and pain, improve circulation and oxygen transport to the tissues, and stimulate bone and soft tissue healing. All our

tissue cells have electromagnetic properties which help the cells communicate and function properly. Sport injuries will alter the electromagnetic frequencies, which will affect the metabolism and healing of the cell. PEMF treatment will help restore the proper frequencies and tissue metabolism to accelerate healing.



Cold laser treatment are effective to treat sprains, strains, muscle tears, and scar tissue. It has similar therapeutic benefits as PEMF treatment including decreased pain, inflammation, swelling, bruising, and scar tissue as well as improved circulation and wound healing. Cold laser also stimulates tissue cells through producing packages of light energy called photons traveling at different wavelengths, which the body absorbs. Depending on the wavelength, injured tissue cells can absorb the photons, which can help stimulate more energy production in the mitochondria forming ATP to help the tissue heal more quickly.

In any sports injury, it is critical to get the healing process accelerated immediately. The faster it starts, the shorter the recovery time, and the sooner the return to play!



Dr. Stephanie Anisko is the chiropractor for the Canadian Olympic Diving Team 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 cold laser therapy or pulsed electromagnetic field therapy please email her at dr.stephanieanisko@gmail.com or call **(905) 812-0644** to book an appointment with her at AIM Health Group Mississauga.

www.drstephanieanisko.weebly.com