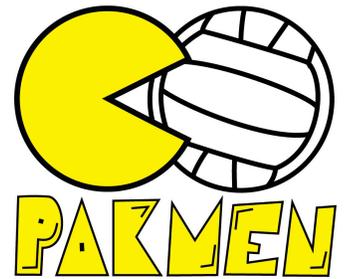


Dr. Steph's Volleyball Injury Prevention Tip of the Month

February 2014

www.drstephanisko.com



Tournament Tips!

Tournament season is in full swing! Many teams have more than one tournament a month, so it is extremely important to keep each player as healthy as possible! Any major injuries should always be addressed with a health professional. Sometimes minor injuries can crop up at tournaments that need to get addressed quickly so you can return to play. Here are a few tips and supplies to take to tournaments:

SWELLING, INFLAMMATION, BRUISING

Great supplies to keep on hand at tournaments are Ziploc bags and a small cooler of ice cubes. Minor strains and sprains can respond well to icing when it's applied immediately. A great find from Dollarama for \$1-\$2 is a small roll of plastic wrap on a handle that can be used to help hold the ice bag in place. If ice is not available (snow can work!), small one-time use ice packs can be helpful although they do not stay cold as long as ice. An excellent natural anti-inflammatory cream is called *Traumeel* (approximately \$26), which has arnica and excellent to reduce bruising, inflammation, and swelling. Apply every 30 minutes for the first few hours after an acute injury. You can find it at your local pharmacy or health food store.

FIRST AID KIT

Most locations hosting tournaments should have a first aid kit available. It is a good idea for the coach or parents to keep a first aid kit handy with Band Aids, finger splints, gauze, alcohol wipes, etc.

NUTRITION

Water is very important to prevent dehydration and muscle cramping. Make sure to drink plenty during tournaments and practice. A supplement of Magnesium can also be helpful if cramping is becoming more prevalent. Make sure to keep healthy snacks available that are easy to digest and will provide good fuel to last the whole tournament day.



VOLLEYBALL HIGH PERFORMANCE ASSESSMENT

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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 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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