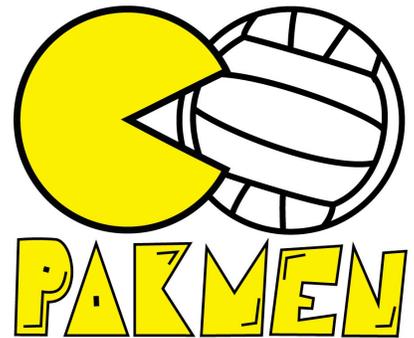


Dr. Steph's Volleyball Injury Prevention Tip of the Month

December 2013 www.drstephanisko.com



Happy Holidays to the Pakmen Volleyball Club!



VOLLEYBALL HIGH PERFORMANCE ASSESSMENT

\$50 for the Month of December

Plus receive a complimentary KinesioTaping application
(\$11.30 Value)

(This assessment is covered under your chiropractic benefits from your insurance)

September, October, and November has been a great opportunity to meet many Pakmen Volleyball Club players during the *volleyball high performance assessments*. Very common patterns of injuries that were identified in these assessments included **rotator cuff shoulder dysfunctions, low back pain, and knee pain (Jumper's Knee)**. Typically the muscles that surrounded those joints were weak and inhibited when we did muscle testing. The good news is that we have had excellent success decreasing pain and improving function in these volleyball players in just a few short treatments which means less time missed from practices and tournaments! Adjustments, Active Release Technique, Graston Technique, stretching, and KinesioTaping have really been a great combination to speed up healing!

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 to a body part that is highlighted in the assessment that needs correction.

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!

www.drstephanisko.com