

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

September 2013 [www.drstephanisko.com](http://www.drstephanisko.com)

**Pakmen Volleyball Special!**



**VOLLEYBALL HIGH  
PERFORMANCE ASSESSMENT**

\$50 for the month of September

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

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

As the 2013-2014 indoor volleyball season is getting underway, it is important to make sure you are free of imbalances or dysfunctions in the body that may inhibit maximum performance and also lead to injury if they are not detected and corrected. Dr. Stephanie Anisko works with Olympic medalists and is trained in cutting edge treatment and training techniques that produce high performance results for athletes.

Call **(905) 812-0644** to book a **volleyball high performance assessment** for \$50 (\$75 as of October) with her 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](mailto: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](http://www.drstephanisko.com)**



Copyright ©2009 Kinesio Taping Corporation. All Rights Reserved.