

# COMMON VOLLEYBALL INJURIES

WRIST SPRAINS

CONCUSSIONS



FINGER INJURIES

ANKLE SPRAINS

## JUMPERS KNEE

Typically an overuse injury related to increased jumping and powerful straightening of the knee. The pain is felt below the knee cap over the ligament that connects the quad to the lower leg bone.

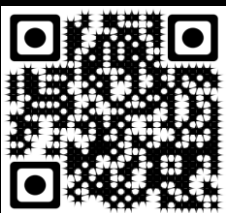
## SHOULDER PAIN

Typically occurs due to impingement, rotator cuff stress as well some tendinitis including the biceps. Due to the increased overhead motion required of the sport pain is common.

# WAYS TO DECREASE RISK OF INJURIES



Wall sits can be a good initial exercise for jumpers knee. Make sure your knee is in line with your ankle and not your toes and also make sure it is not pointing towards the other foot or over the outside of the little toe. Try and hold a minute a few times. If successful and pain free move to a single leg.



For the shoulder pain working on scapular rhythm, correct overhead mechanics, and increased shoulder strength in an overhead position are important.



These exercises work primarily on scapular motions to make sure it functions in concert with the arm bone. This can help allow for better muscle activation and decrease shoulder pain. Make sure you think about squeezing the shoulder blades together and not letting your neck muscles assist you. Try until fatigue, but not over 50 reps or stop if you have pain.