

## VOLLEYBALL INJURY PREVENTION: TAKE HOME POINTS

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Use Dynamic stretches to enhance flexibility – 4 gentle beats in the 3 planes of movement:

- 1) Sagittal – front to back
- 2) Coronal – side to side
- 3) Transverse – rotational

Emphasize eccentric contractions in strength training to decrease injury risk

- muscle is lengthening as it is working (negatives)

**Add the exercises below to conditioning as “prehabilitation” to prevent injury:**

For knee injury prevention:

- eccentric wall slides: down slowly with 1 leg, up with 2 legs, 15 reps
- 2 person Nordic hamstring may help prevent ACL injury, 6 reps

Work on soft landings during jump training: knees bent, straight over feet

For shoulder overuse injury prevention (all 15 reps with resistance band)

3 rotator cuff exercises:

- 1) Internal rotation
  - 2) External Rotation
  - 3) Supraspinatus – with thumb up
- Plus retractions – pull shoulders back “like a soldier at attention”

Ankle sprain prevention: balancing on each leg for 2-3 minutes, swing other leg side to side and front to back

- consider a stirrup ankle brace (like Active Ankle) for the first year following a sprain

For plyometric training:

- program closely supervised by a strength coach
- thigh muscle strength training should be done first
- after warmup, but early in practice, when muscles are fresh
- don't use jump training as fitness training

Consider doing some jump training on a softer surface, such as sand.

The **female athlete triad** consists of disordered eating, amenorrhea and osteoporosis. This may predispose players to stress fractures, so consider this possibility in thin athletes or those with prior stress fractures. Have them evaluated by a primary care sports medicine physician.

