



Seminar Title: Steps to Prevent Volleyball Injuries

Speaker(s): William Briner, MD, Head Team Physician, USA Volleyball National Teams

Learning Objectives:

- Understand which volleyball injuries are most common
- Learn which injuries are most likely to result in time lost from sport
- Realize that players may be playing with significant pain that might not be categorized as an “injury”
- Understand practice and training techniques to identify players at risk
- Understand practice and training techniques to minimize injury risk

Key Points:

Injuries to be addressed:

- Ankle sprains
- ACL tears, especially in female players
- Shoulder tendonitis (tendinosis), rotator cuff problems
- Patellar tendonitis (tendinosis)
- Heat cramps

Conclusion: