The Most Common Indoor Volleyball Injuries and The Non-Delegable Responsibilities of Coaches, Schools and Leagues with Reference to the Safety and Welfare of the Players

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By now, almost everyone has been made aware of brain injuries when it comes to football, a collision sport. During contact sports thousands of young children and teenagers have reported concussions and sub-concussive brain injuries by the tens of thousands on an annual basis.

The explosive nature of volleyball places extraordinary amounts of strain on the lower body extremity putting the ligaments and muscles of the players at risk. The upper extremity is also at risk, primarily the shoulder region, resulting in injuries caused by the amount of overhead motion required in the sport. Serving, spiking, falling to the floor, and contact with other players results in over 4% of the participants in volleyball receiving concussions.

This presentation will discuss the most common indoor volleyball injuries including, the most dangerous one of all-concussions, both reported and unreported, and the responsibilities of coaches for the safety and welfare of their players.

What are the common injuries experienced in volleyball?

1. Ankle sprains
2. Knee pain (patellar tendinitis)
3. Anterior cruciate ligament (ACL) injury
4. Low-back pain
5. Finger and hand injuries
6. Shoulder injuries
7. Concussions
   a) How and why sub-concussive and concussive brain injuries occur?
   b) What happens to the brain and how it affects the quality of life of those injured whether it be a short period or a very long-term situation based upon the extent of the injury?
   c) How a risk analysis is performed to determine the probability of brain injuries occurring in volleyball?
   d) What is the difference between a sub-concussive brain injury, a mild concussion and a full concussion?
   e) What is a second concussion syndrome?
   f) What does one experience prior to seeing stars? What does this mean?
   g) What does one experience when they receive a sub-concussive injury?
   h) What does one experience when they receive a concussion?
   i) What is the probability of a full recovery versus a brain injury that can last a lifetime?
   j) What is the effect of brain injuries in a teenager or a young adult in college and its long term affects in reaching the ages of 35 to 40?

8. What are the non-delegable responsibilities and liabilities of coaches, schools, and leagues with reference to the safety and welfare of the players they are coaching?

9. How to avoid litigation