Common Volleyball Injuries and Rehabilitation Principles
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- Former U of S Huskies Volleyball Player
- 2 time National Juvenile Club Champion as a member of RCVC Impact
- Former member of the Saskatchewan Provincial Team Program
- 8 years of coaching experience in camp, high school and club formats
- 2008 – Physical Therapist for U of S Volleyball Team Tour in Japan
Types of Injuries

- 2 categories:
  - Acute injuries sustained during practice or game play
  - Repetitive strain injuries sustained over time
Dealing with Acute Injuries

- Immediate use of P.R.I.C.E. principles
  - P - protection of the injured area
  - R - rest of the injured area
  - I - application of ice over the injured area
  - C - compression of the injured area
  - E - elevation of the injured area

- Early access to rehabilitation services
Advantages of Early Access

- Prevention of chronic injury
- Safe return to play
- Aid with taping, splinting, and/or bracing
- Education to prevent re-injury
Dealing with Repetitive Strain Injuries

☐ Due to poor technique, poor posture and/or overuse

☐ Occur commonly in shoulders, back, knees and feet of volleyball players

☐ Seek assessment and advice of a practitioner who can assess the body part, and adequately comment on sport-specific technique
What Can Physical Therapy Do?

- Full assessment of the affected area, including movement analysis

- Provide advice on short-term symptom management

- Create an exercise program specific to the problem for long-term maintenance
An Example of Management for a Repetitive Strain Injury

- Casey is a 15 year old volleyball player with right shoulder pain. She developed this pain during summer volleyball camp, and it has continued to affect her into her high school season. She plays left side, which is a position requiring significant use of her arm for hitting. Casey’s symptoms have increased to the point where she feels sometimes she will not be able to serve the ball over the net.

- Should Casey keep playing?
- How much time should she take off?
- Will her symptoms come back as soon as she starts playing again?
- What is the problem with her shoulder?
A physical therapist would be able to answer all of these questions for Casey and her parents.

A physical therapist would also be able to differentiate between a surgical problem and an injury which would respond well to treatment.
Bourassa and Associates Triage Clinic

- Free drop-in clinic
- Open to all volleyball athletes with acute or repetitive strain injuries
- Runs one night weekly from January to May on a first-come-first-served basis
- Includes assessment of injury and treatment planning
Bourassa and Associates Triage Clinic

- No commitment to further treatment required to attend the triage, however recommendations will be made
- Triage participants will be granted expedited intake to Bourassa and Associates for treatment
- Further treatment costs are the responsibility of the athlete, however many families have insurance to cover a portion of treatment costs
Bourassa & Associates Rehabilitation Centre
109 - 294 Venture Cres.
Saskatoon, SK
S7K 6M1

phone: (306) 665-1962
fax: (306) 975-0109
fax toll free: 866-340-0109

Other Locations:

Biggar - 113 3rd Ave West, Duraline Medical Clinic
(306) 948-4808

Fort Qu'Appelle - All Nations Healing Hospital
(306) 332-5055

Imperial - 310 Royal Street, Town Office Bldg
(306) 963-2060

Kindersley - 205 Main Street, Kindersley Insurance
(306) 463-2012

North Battleford - 982 102nd St, LifeTime Fitness
(306) 445-9200

Outlook - 400 Sask Ave West
(306) 867-2030

Regina - 1380 23rd Ave
(306) 546-3210

Rosetown - 305 Highway #4 North
(306) 882-2273

Saskatoon Medical Arts Bldg
(306) 665-1962

Saskatoon Wall Street Medical Bldg
(306) 665-1962

Saskatoon Westside Clinic - #2 3315 Fairlight Dr.
(306) 665-1962

Watrous - 403 Main St, Doctors Office on Main St
(306) 946-2074

Wynyard - 218 Bosworth St, Dr. Dewar's Office
(306) 554-2046