

Volleyball

Even though injury rates in volleyball are lower than most sports, injury rates have increased because of greater participation. Volleyball has its share of sprains, strains, fractures and contusions due to trauma. Volleyball players are also at risk for overuse injuries because of the repetitive motions that are inherent to the sport.

What are the most common acute injuries in volleyball?

Finger Injuries

Finger sprains, fractures, and dislocations are common in volleyball. Activities such as blocking and setting can have the ball forcefully strike the finger tip, which can cause injury. Treatment varies greatly with finger injuries depending on the type of fracture or dislocation.

Ankle Injuries

Ankle fractures and sprains are common in volleyball because of the amount of jumping that is involved. It is very common to see players wearing ankle braces to decrease the risk of injury.

What are the most common overuse injuries in volleyball?

Rotator Cuff Tendinitis

Repetition of serving and spiking places the rotator cuff at risk for injury. The rotator cuff is rarely torn in a healthy young volleyball player; however, it can get inflamed with overuse.

Spondylolysis

Volleyball requires a great deal of flexion and extension at the lumbar (lower) spine. Repetitive lumbar flexion and extension places one at risk for spondylolysis (a stress fracture of the lower spine). If spondylolysis is left untreated, it can increase the risk of chronic back pain in the future.



How can injuries in volleyball be prevented?

- Maintain proper mental and physical fitness because most injuries happen when an athlete is tired.
- Develop and maintain a core strengthening program.
- Incorporate a resistance training program into your normal routine. This program should include rotator cuff strengthening as well.
- Consult a sports medicine professional or athletic trainer with any concerns about particular injuries or prevention methods.