

Rehabilitation and Prevention for Volleyball Ankle Injuries

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Background Information

- Volleyball is one of the fastest growing sports today which means it is growing in participants competing to play each year.
- The most common injuries found in these player are ankle injuries. Players that play front row and hit are more likely to become injured from have such forceful approaches to the ball.
- The most common treatments for ankle ligament sprains has been the use of bracing, proprioceptive programming and kinesio-taping.
- Technique training can be used to improve proper form of a player which can reduce injury risk.
- Having a proper rehabilitation and prevention program for these players will allow them to continue to participate in their sport and continue with playing competitively with a healthy body.
- Volleyball is a full-body action sport, participants need to become aware of risk management.
- Athletes are far more compliant when they have experienced an injury previously.
- Bracing
- Proprioceptive programming
- Kinesio-taping

Bracing

- Bracing has been used as a way to support and protect the ankle while the athlete is in play.
- Sport braces mobilize the ankle keeping it from rolling during vigorous approaches at the net as well as any other forceful action on the court.
- Early bracing is shown to decrease the likelihood of symptoms of disability.
- Support of bracing prevent uncomfortable ankle motion that can cause pain.



Proprioception

- Proprioceptive training is used to improve balance.
- Incorporating tilt boards, balance boards and ankle disk exercises
- Proprioceptive programming is used to strengthen the muscles used in and around the foot.
- Research has shown that this particular programming helps because of its stimulation through the planes of ankle movement on a weight bearing foot.



Kinesio-taping

- Kinesio-taping is been used to relieve pain in muscles, joints, as well as reduce the amount of swelling in te area.
- Kinesio-taping has been a method of rehabilitation that improves function and motion of the ankle.
- This method is used for athletes suffering from chronic ankle instability.

Research Learning Objectives

- To understand how to successfully make exercises and prevention programs for volleyball players who suffer from ankle injury.
- To research what exercises and programming needs to be used to have an have an affect on improving performance.
- To understand how to properly plan a successful exercise program and find resources for volleyball players who are at risk for ankle injury

Outcomes of Research

- Rehabilitation and Prevention will always be needed and it is important to continue research in order to have the best treatment for these athletes.
- Most studies found the outcomes were positive for improvement on volleyball athletes with ankle injury.
- All three strategies found to combat ankle sprain have be beneficial as well as technical training which can be coached and performed so that it reduces injury risk for athletes
- The use of sport management officials have been able to rank athletes in order of level of injury risk by collecting data from practices and games.

References

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