

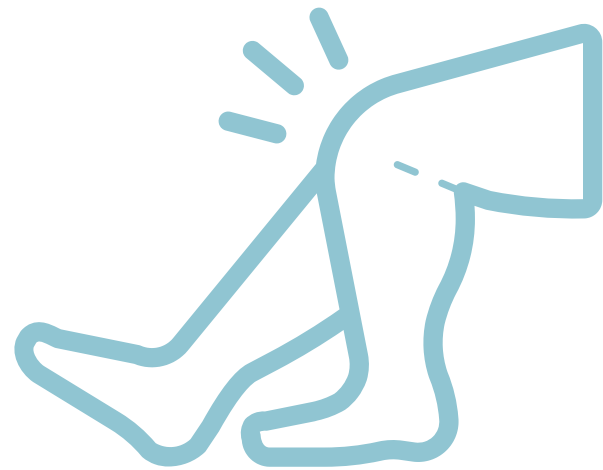
Common Volleyball Injuries

ACL TEAR

An ACL tear signifies damage to a crucial knee ligament responsible for providing rotational stability. Though relatively uncommon, this injury can occur when an individual lands on a single leg, often following an aggressive attack at the net during sports activities. It can even happen without any direct physical contact during certain dynamic movements, particularly those involving abrupt changes in direction or landing forces on a single leg.

SIGNS AND SYMPTOMS

- Possible audible popping noise and sensation of the knee "giving out."
- Pain accompanied by swelling, leading to a loss of full range of motion.
- Tenderness localized in the joint area and discomfort while walking.
- Typically happens when the foot is firmly planted, experiencing a forceful twist or impact.



Note:

Every individual has different weaknesses & strengths. It is highly recommended to have an individualized, well-rounded strength training program to have appropriate loading progressions. Education and formation of such a program can be provided by a physical therapist/athletic trainer/kinesiologist.



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ACUTE MANAGEMENT

Acute management for an ACL tear involves several critical steps aimed at alleviating pain, reducing swelling, and beginning the path to recovery.

This entails involving the PEACE AND LOVE protocol, getting an appointment with a specialist, and seeing if any further therapy or interventions are needed.

PEACE OF “PEACE AND LOVE” PROTOCOL

- **Protect:** Guard the affected area.
- **Elevate:** Raise the injured finger/thumb to reduce swelling.
- **Avoid Anti-inflammatories:** Refrain from using anti-inflammatory medications.
- **Compress:** Apply compression to stabilize the injury.
- **Educate:** Seek a physiotherapy assessment for comprehensive information and active recovery guidelines.

It is crucial to seek immediate medical assessment for an ACL tear.

Understanding and adhering to these protocols can significantly impact the healing process and reduce the risk of complications. Always consult a healthcare professional for personalized advice and guidance tailored to your injury for optimal recovery.

