

Common Volleyball Injuries

ANKLE SPRAIN

An ankle sprain occurs when one or more ligaments in the ankle undergo a stretching injury, typically affecting either the outer (lateral) or inner (medial) surface. These sprains are often categorized as grade 1, grade 2, or grade 3, based on the severity of the damage. The most frequent cause of this injury arises during net play, particularly through contact with a teammate or opponent, such as landing on someone's foot while maneuvering under the net. This scenario, common in sports like volleyball, often leads to ankle sprains due to the sudden and awkward positioning of the foot upon impact.

SIGNS AND SYMPTOMS

- **Grade 1:** Able to bear weight, but unable to jump or run.
- **Grade 2:** May require support to walk, significant pain with swelling and bruising
- **Grade 3:** Significant pain with bruising and inability to weight bear.



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

When an ankle injury occurs, it's crucial to promptly remove the individual from the game for a thorough assessment. If the injured person is unable to bear weight on the affected ankle, it's highly recommended to seek immediate medical attention at the emergency department.

This precautionary measure involves obtaining an X-ray to eliminate the possibility of a fracture. Swift action in these cases is essential to ensure proper diagnosis and appropriate treatment, minimizing the risk of further complications.

PEACE OF “PEACE AND LOVE” PROTOCOL

- **Protect:** Safeguard the injured area from further harm or stress to allow healing.
- **Elevate:** Elevate the affected ankle to reduce swelling and aid in the recovery process.
- **Avoid Anti-inflammatories:** Refrain from using ice or ibuprofen to promote the body's natural healing process by enhancing blood flow to the injured site.
- **Compress:** Consider employing an open basket weave tape job to provide adequate compression and support.
- **Educate:** Seek a physiotherapy assessment for comprehensive insights into your injury and guidance on active recovery methods.

Open Basket Weave Tape Job: This technique involves wrapping the ankle with a specific taping method, creating a supportive yet flexible compression that can assist in managing swelling and providing stability.

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FULL RECOVERY TIMELINES

- **Grade 1 Sprain:** Usually resolves within 3-6 weeks with proper care and rehabilitation.
- **Grade 2 Sprain:** Recovery typically takes around 4-6 weeks with appropriate treatment.
- **Grade 3 Sprains:** Severe sprains might take an extended period, ranging from 3-12 months for complete recovery. However, individual recovery timelines can vary significantly.

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.

