

# Common Volleyball Injuries

## LOW BACK PAIN

Low back pain frequently arises due to repetitive bending and rotating movements of the trunk, which exert strain on the muscles and structures in the lower back. While muscle strains are a common cause, this discomfort can also stem from the repetitive hyperextension of the lower back during actions like hitting and setting in sports, placing significant stress on the bones of the lower back. Among athletes, setters are particularly prone to this type of injury, given the nature of their movements and the demands placed on their lower back during gameplay.

### SIGNS AND SYMPTOMS

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- It can range from a dull ache to a shooting pain sensation in the lower back.
- Will be activity-related with aggravating and easing factors.



#### 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

Playing through may increase their pain levels and prolong recovery.

- Heat can help manage acute pain, and trying to move as 'normal' as possible to keep mobility in the area.
- Seek out a physiotherapy assessment as soon as possible to address the muscle imbalance and mechanical faults leading to the injury.
- The physiotherapist may prescribe a gradual return to play program depending on assessment findings.

If you begin to experience back pain following a fall, or if the pain is accompanied by changes in bowel/bladder function, leg weakness, fever, or pain with coughing or sneezing, seek medical attention as soon as possible to rule out more serious injury.

### FULL RECOVERY TIMELINES

- Depending on several contributing factors, the player's adherence to their rehabilitation plan, and the severity it can take weeks to months.

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.

