Common Volleyball Injuries
PATELLAR TENDINOPATHY
"JUMPER'S KNEE"

Jumper's knee, an overuse injury affecting the knee, is characterized by the repetitive stress placed on the patellar tendon. This condition stems from continual strain on the tendon, leading to the development of minuscule tears within the tendon structure. This is often seen in activities involving jumping or sudden, repetitive movements.

SIGNS AND SYMPTOMS

- Pain at the bottom of the patella, aggravated by running, jumping, and squatting.
- Pain at the end range of knee flexion.
- Painful and possibly weak knee extension.

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

Players can typically continue playing without risking additional damage; however, doing so may elevate pain levels and potentially lengthen the recovery period. If the pain surpasses a 4/10 threshold, it's advisable for the athlete to rest rather than push through.

Heat application can aid in managing discomfort in the affected area. Seeking out a physiotherapy assessment is crucial to address underlying muscle imbalances and faults contributing to the injury. Based on the assessment findings, the physiotherapist might recommend a gradual return-to-play program tailored to the individual's condition.

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.