

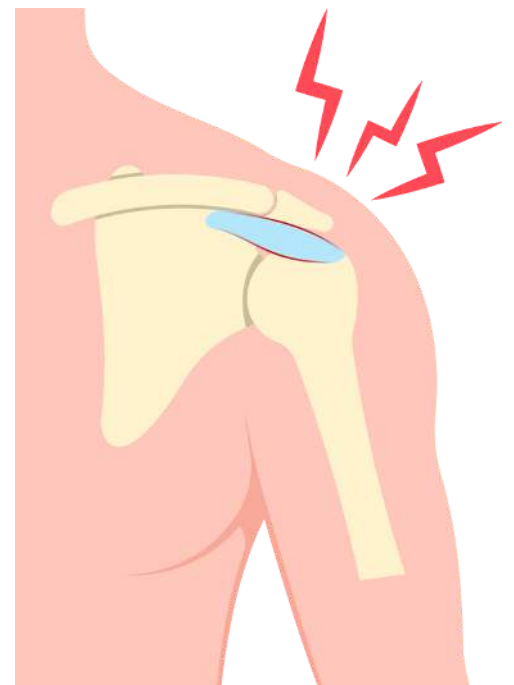
Common Volleyball Injuries

ROTATOR CUFF TENDINOPATHY AND/OR IMPINGEMENT

Tendinopathy, a condition stemming from repetitive irritation in the area, develops due to continuous stress on the tendons. Impingement occurs when one of the rotator cuff tendons becomes pinched between the upper arm bone and the acromion, a part of the shoulder blade. These conditions are frequently observed among athletes, particularly attackers, and are marked by discomfort and limited mobility in the shoulder joint.

SIGNS AND SYMPTOMS

- Pain and swelling in the shoulder, particularly with overhead movements
- May have shoulder weakness or decreased range of motion when prolonged



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 often continue participating without fear of aggravating the injury further, but doing so might intensify their pain levels and extend the recovery period.

Athletes experiencing pain levels exceeding 4/10 are advised to prioritize rest over pushing through the discomfort.

- Heat can be helpful to manage pain 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.

FULL RECOVERY TIMELINES

- Depending on several contributing factors, and 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.

