



# Physiotherapy in professional Volleyball Teams

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# Physiotherapy and volleyball – why always together?

Volleyball is very demanding sport which demands so much effort from players.

Role of physiotherapy in sports

- Importance in volleyball teams

# Common volleyball injuries

The most common injuries are:

- Shoulder (shoulder impingement, rotator cuff)
- Spine (overstrain)
- Knee (ACL rupture, patellar tendinopathy (jumper's knee))
- Ankle (mostly sprains)





# Role of Physiotherapist

- Injury prevention
  - Rehabilitation programs
  - Performance optimization (with conditioning coaches)
  - Tracking training volume
  - Proprioception training
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# Pre-season Screening

Volleyball teams' staff always pays maximum attention for better results during long season. It can be:

- ▶ Functional movement assessment
- ▶ Muscle strength tests
- ▶ Posture and biomechanics analysis
- ▶ Helping achieve better results with conditioning coaches

# Warm-up Techniques

Physiotherapists often co-work with conditioning coaches and they can add to warm-up sessions some:

- Dynamic stretching
- Neuromuscular activation
- Sport-specific drills





# On-court Physiotherapy

- Immediate injury assessment
  - Support during time-outs & breaks
  - Post-match quick recovery
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# Return-to-Play Criteria

- Full ROM
  - Strength symmetry
  - Functional testing
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# Recovery Methods

- Massage therapy
- Cryotherapy
- Compression and elevation
- Different types of physical exercises



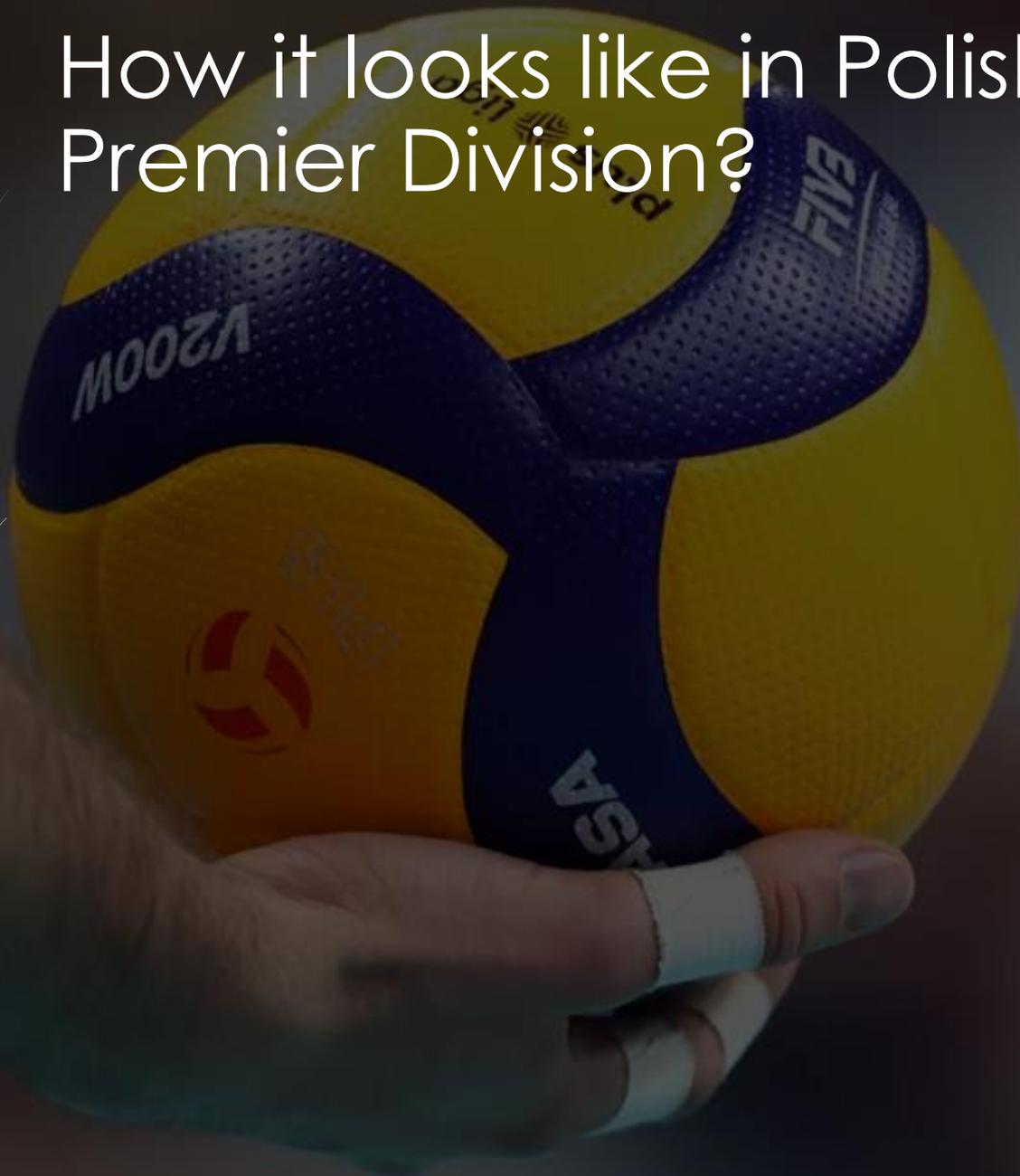


# Communication with coaches

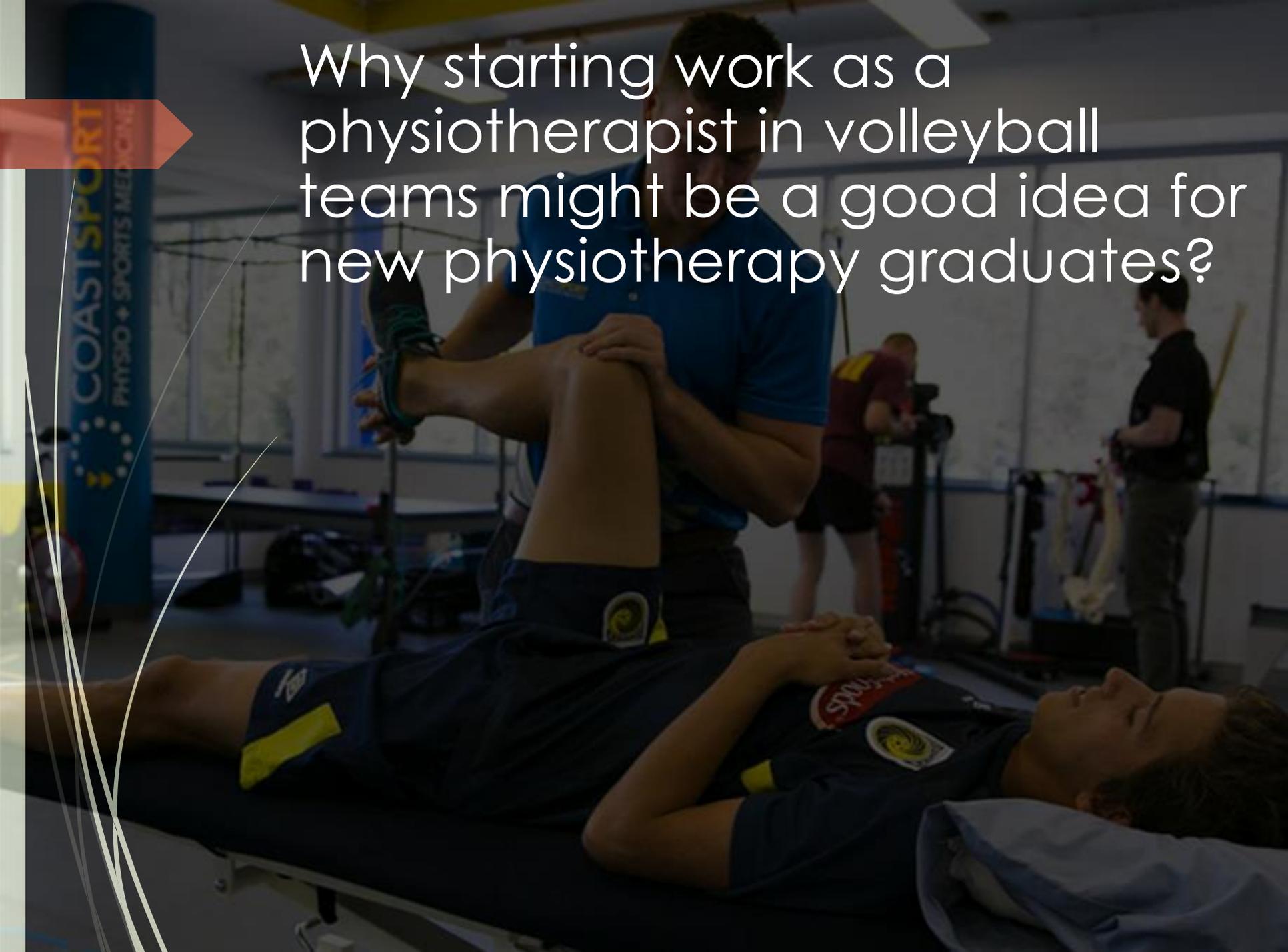
Collaborative planning

- ▶ Injury status updates

How it looks like in Polish Premier Division?



Why starting work as a physiotherapist in volleyball teams might be a good idea for new physiotherapy graduates?





# Summary

Physiotherapy plays a central role in the performance, safety, and long-term athletic development of volleyball players.

Key role in injury prevention & rehabilitation

- ▶ Essential member of volleyball team

# Sources:

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4 Common injuries in volleyball. Mechanisms of injury, prevention and rehabilitation; W. W. Briner Jr, L. Kacmar; Sports Med.; 1997

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# Graphics:

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4 <https://www.volleywood.net/volleyball-related-news/63567/>

5 <https://www.houstonforcevb.com/post/recovery-101-essential-strategies-for-volleyball-players>

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Thank you for your attention  
and patience

