



volleyball

female athletes & volleyball

To play volleyball, athletes require a combination of agility, speed, power, balance, and reaction time. Within volleyball, it is important to control the body's movements to prevent initial or overuse injuries. Due to the possibility of overuse injuries, prevention of common injuries is crucial for the player's overall health in the sport. A volleyball player can often suffer from an acute ankle sprain, finger sprain or dislocation, patellar tendinopathy or jumpers' knee, chronic shoulder injuries and lower back pain.

quick facts



- Overuse injuries are the most common injuries in volleyball players
- Common injuries in volleyball include injuries to the shoulder, knee, finger and ankle

causes of volleyball injuries

- repetitive use of shoulder muscles without adequate strength
- poor jumping and landing form
- repetitive bending and rotation of trunk
- decreased balance and ankle stability

overuse injuries in volleyball

Due to the repetitive nature of the sport, these athletes are at an increased risk for shoulder and knee injuries. Constant jumping with improper form or poor balance can increase the risk of knee and ankle injury. Constant overhead motion can cause poor form and increase the risk of shoulder injuries, including rotator cuff strain. Overtraining can increase the risk of these injuries and cause the body to break down. If an athlete becomes injured it is important for them to recover and build up their strength. This includes the mental, emotional, and physical strength needed to compete.

recovery

- getting 8-9 hours of sleep before and after a match or tournament
- drinking plenty of fluids and maintaining healthy eating habits
- performing a proper warm-up and cool-down for both practices and games
- whole body stretching before and after each training

our all female team

Solely run by an all female team, The Center for the Female Athlete prides itself on helping female athletes prevent injuries, become mentally stronger, and reach athletic goals.

Lora Scott, MD

Sports Medicine Physician

Sarah Steward, MD

Orthopedic Surgeon

Linh-Han Ikehara, MSW, LISW-S

Behavioral Health Therapist

Jamie Broz, MED, ATC

Manager

Karly Steenbock, MS, ATC

Athletic Trainer

Megan Christoffel, PT, DPT

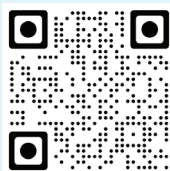
Physical Therapist

Maria Brumfield, MS, RDN, LD

Dietitian

Are you ready to find out if the Center for the Female Athlete is right for your daughter?

Scan the QR code to schedule a consult with one of our athletic trainers to find out!



Who is eligible for The Center for the Female athlete?

We see patients ages 12-22 for a variety of conditions such as:

- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the RED-S (female athlete triad)
- Mental health screening
- Performance anxiety/body image issues



@The_Female_Athlete



@TheFemaleAthleteOfficial

