



COMMON YOUTH VOLLEYBALL INJURIES

Most volleyball **injuries** don't happen in one play — they **build over time**.

Most are **preventable** with **proper strength** & **load management**.





PHYSICAL THERAPY & PERFORMANCE

Meet Dr. Rachel Ludwig, PT, DPT, CPT

Offering \$47 Youth Athlete Evaluations!

Check out the last page of this e-book for more information!



DR. RACHEL LUDWIG EARNED HER DOCTOR OF PHYSICAL THERAPY DEGREE FROM ROSALIND FRANKLIN UNIVERSITY IN 2025. SHE COMPLETED HER BACHELOR OF SCIENCE AT THE UNIVERSITY OF WISCONSIN-PARKSIDE, WHERE SHE WAS A STANDOUT MEMBER OF THE WOMEN'S VOLLEYBALL TEAM, SERVING AS TEAM CAPTAIN FOR THREE YEARS AND EARNING A SPOT ON THE PROGRAM'S ALL-DECADE TEAM.

DURING GRADUATE SCHOOL, RACHEL GAINED EXPERIENCE ACROSS CLINICAL, RESEARCH, AND PERFORMANCE SETTINGS AS A RESEARCH ASSISTANT, SPORTS PERFORMANCE COACH WITH ETS PERFORMANCE, AND PERSONAL TRAINER. SHE HAS WORKED WITH ATHLETES OF ALL AGES, FROM YOUTH COMPETITORS TO COLLEGIATE AND PROFESSIONAL ATHLETES

RACHEL HAS CONTRIBUTED TO RESEARCH PRESENTED AT THE AMERICAN PHYSICAL THERAPY ASSOCIATION'S COMBINED SECTIONS MEETING AND THE AMERICAN SOCIETY OF BIOMECHANICS CONFERENCE.

SHE IS PASSIONATE ABOUT PAIN SCIENCE, OPTIMIZING ATHLETIC PERFORMANCE, AND HELPING ACTIVE INDIVIDUALS MOVE AND PERFORM AT THEIR HIGHEST LEVEL.

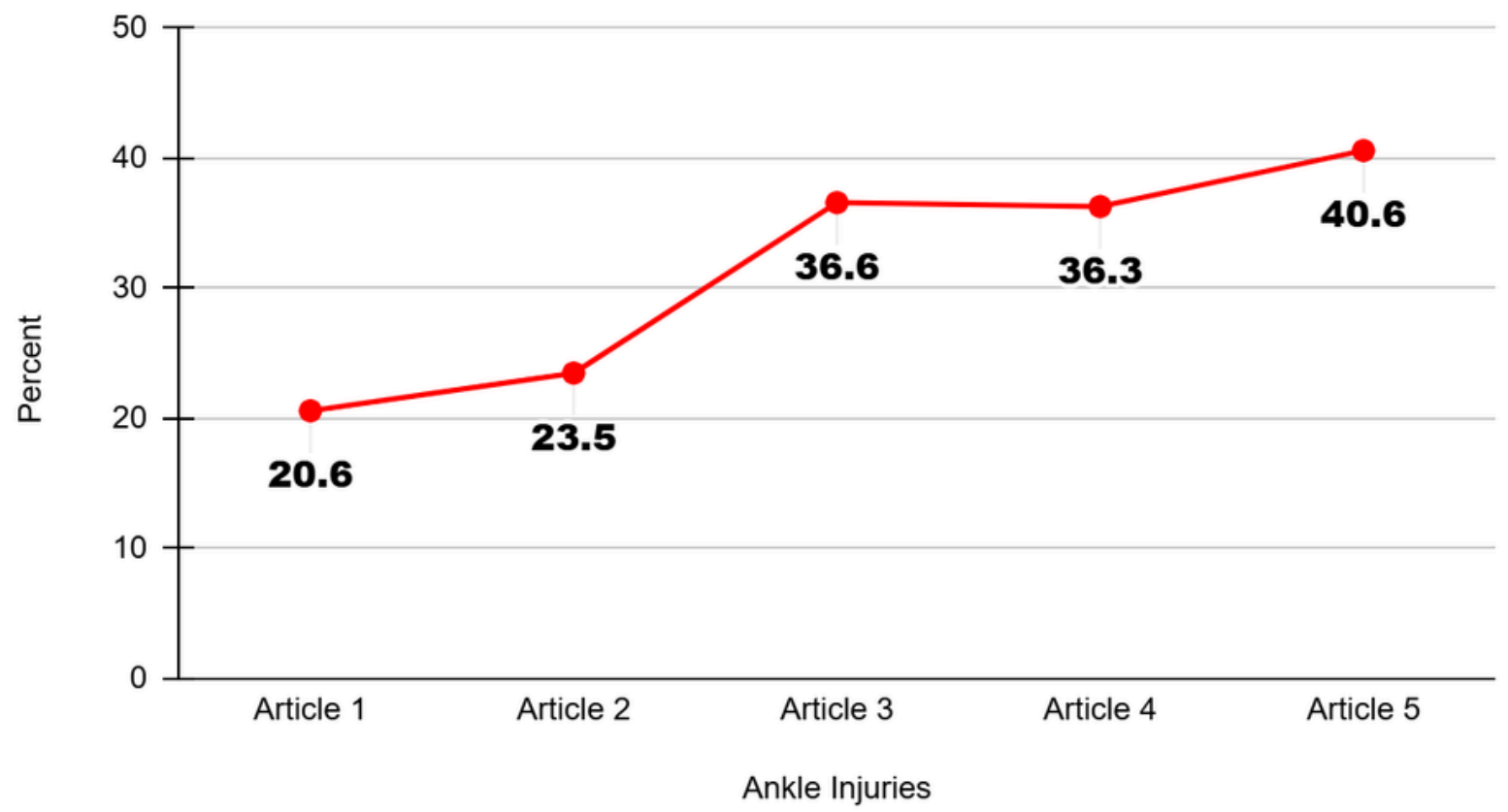


The 3 Most Common Location of Injuries Found in Youth Volleyball Players:

1

ANKLE INJURIES

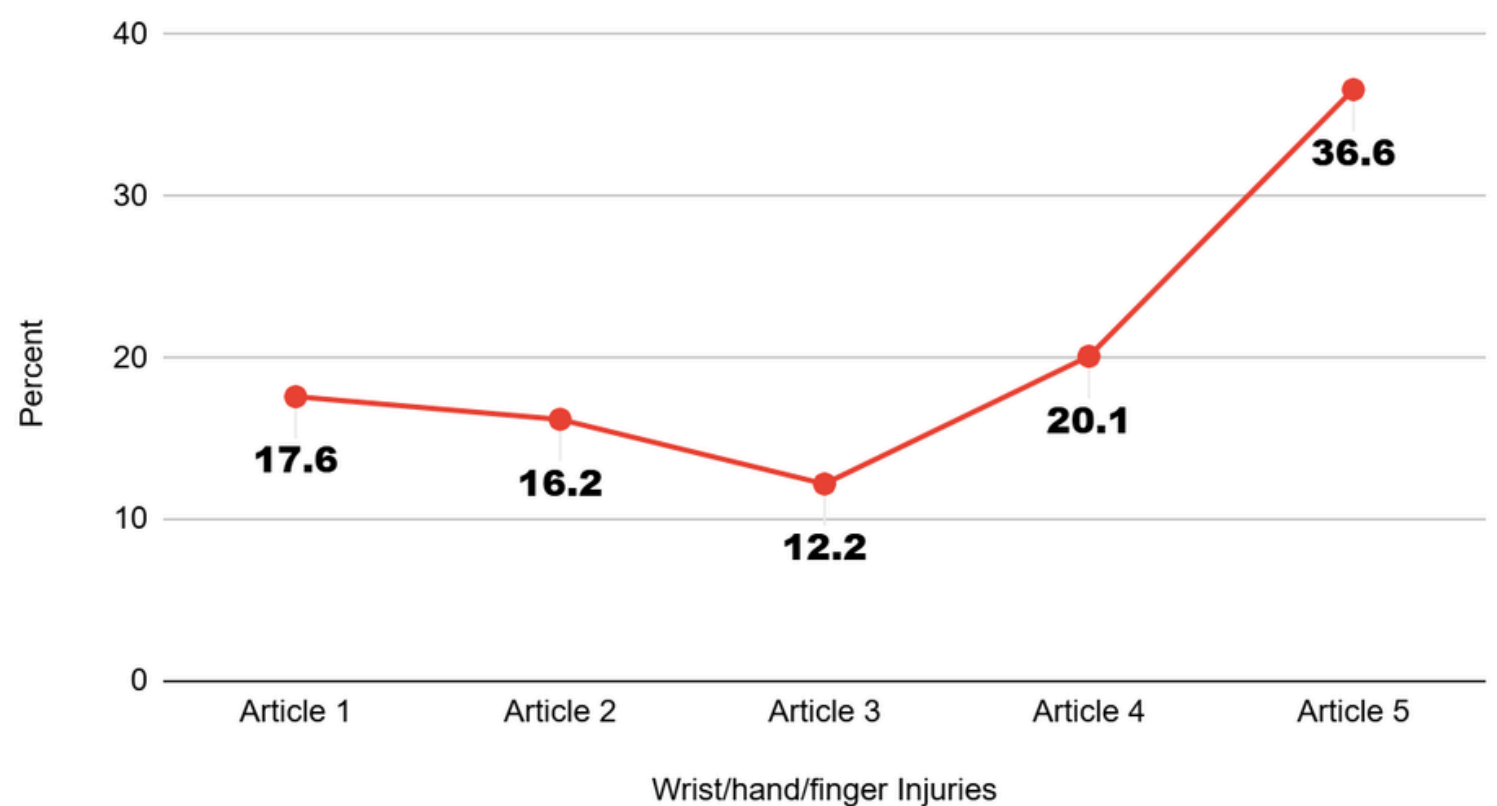
% of Ankle Injuries - Youth Volleyball Players



2

WRIST, HAND, & FINGER INJURIES

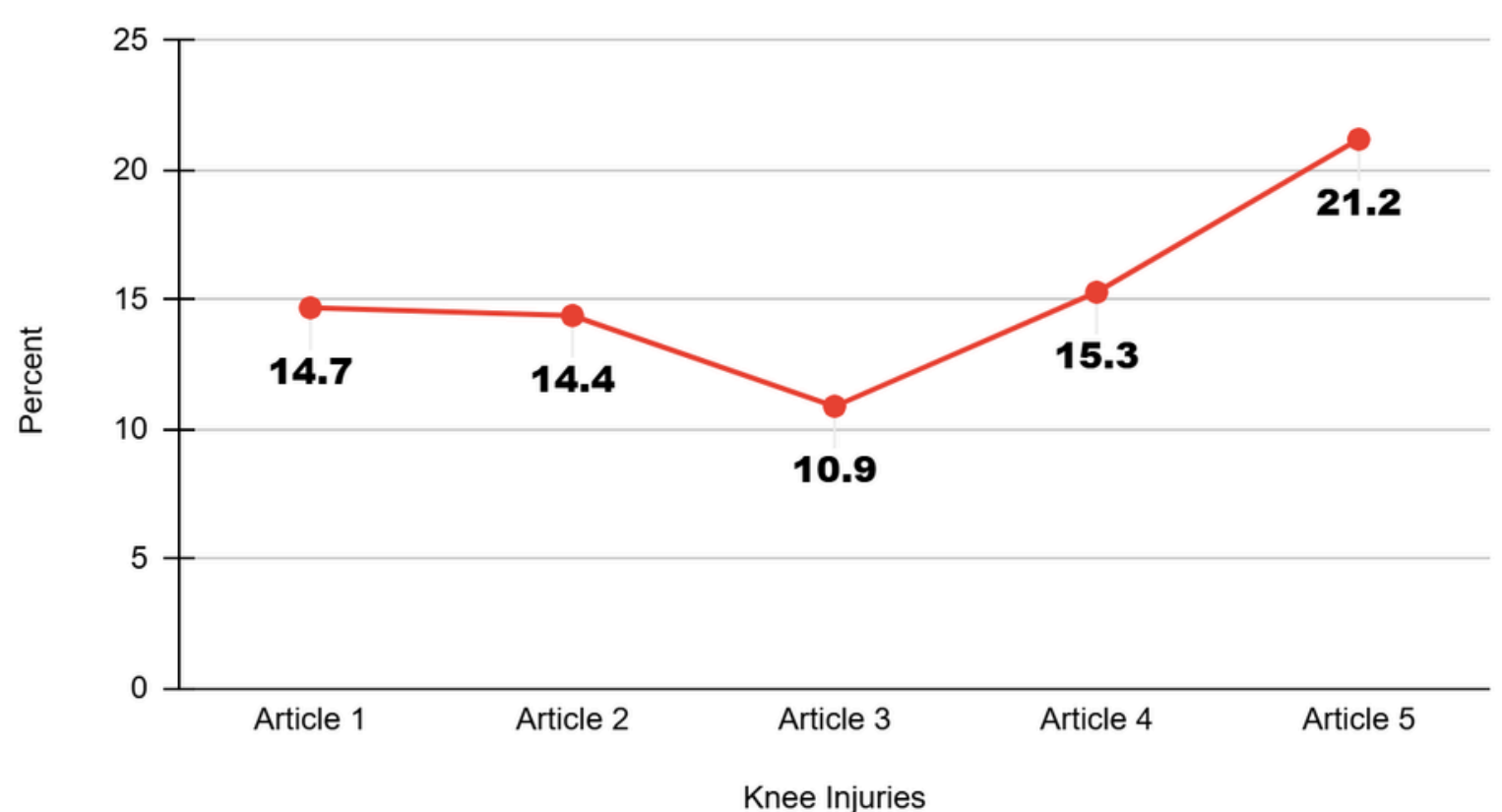
% of Wrist/hand/finger Injuries - Youth Volleyball Players



3

KNEE INJURIES

% of Knee Injuries - Youth Volleyball Players





An article recently published in the Journal of Orthopedic Surgery and Research (André de Azevedo et al, 2023) stated that;

“The factors associated with the occurrence of injury include older age, previous history of musculoskeletal injury, higher BMI, and higher frequency of sports participation during the sporting year.”

Because prior history of injury, increased frequency and older age are risk factors of more serious injury-

It is absolutely critical for athletes to learn about common injuries and how to prevent them at a young age.

Building good movement patterns, coordination and resilience for youth athletes helps them decrease their risk of injury as they age and advance to higher levels of play.

PREHAB FOR COMMON VOLLEYBALL INJURIES BY LOCATION:

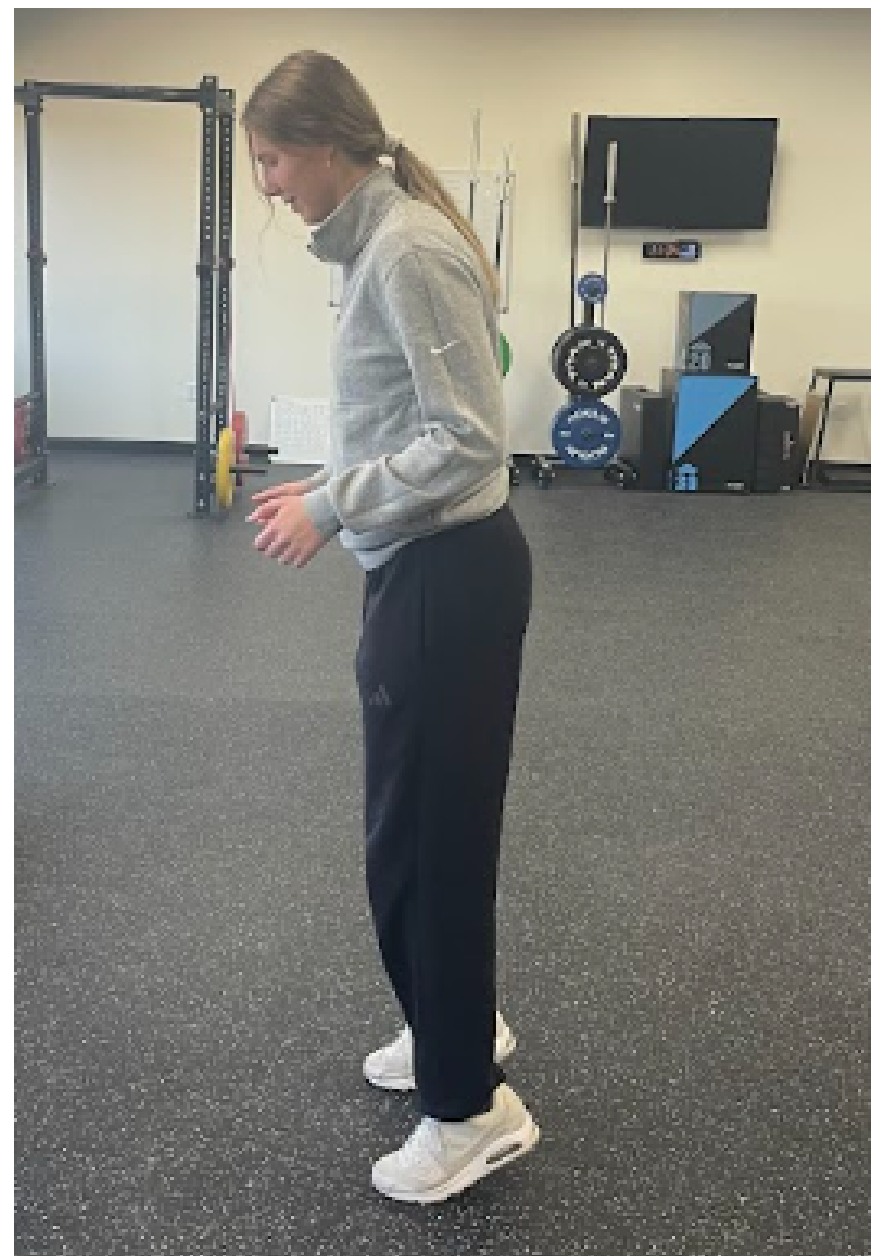
ANKLE

**EXERCISE GOAL: INCREASE
PROPRIOCEPTION, STABILITY**

POGOS DL/SL - PROPRIO/ELASTICITY

START WITH YOUR FEET SHOULDER WIDTH APART, SLIGHT BEND IN YOUR KNEES (ATHLETIC STANCE). STANDING ON THE BALLS OF YOUR FEET, PERFORM QUICK HOPS OFF OF THE FLOOR WHILE ONLY SLIGHTLY BENDING YOUR KNEES- EMPHASIS ON SPEED AND HEIGHT.

PERFORM X20 WITH DOUBLE LEG STANCE, AND X20 EACH LEG IN SINGLE LEG STANCE PRIOR TO PRACTICE/GAMES.



PREHAB FOR COMMON VOLLEYBALL **HANDS, WRISTS, & FINGERS** INJURIES BY LOCATION:

EXERCISE GOAL: INCREASE WRIST/HAND MOBILITY & STRENGTH

PLANK TO DOWN DOG- VARYING WRIST POSITIONS

START ON THE GROUND IN A PLANK POSITION, HANDS IN NEUTRAL POSITION (FINGERS POINTING STRAIGHT FORWARD). MOVE FROM THE PLANK POSITION INTO THE DOWN DOG POSITION IN ONE SMOOTH MOTION. ONCE YOU'VE COMPLETED THE REPS WITH NEUTRAL HAND POSITION, REPEAT THIS EXERCISE WITH FINGERS POINTED INWARD (PICTURE 2) AND OUTWARD (PICTURE 3).

- MODIFICATION (PICTURE 3): IF YOUR WRISTS ARE NOT ABLE TO BEND IN THE PLANK POSITION, USE A ROLLED UP TOWEL TO MAKE THE STRETCH LESS INTENSE. SLOWLY REDUCE THE TOWEL SIZE AS YOU GO!

PERFORM X10REPS TOTAL HOLD EACH POSITION FOR 5SECONDS BETWEEN EACH REP, PRIOR TO PRACTICE/GAMES.



MORE ON NEXT PAGE



FINGERS POINTING STRAIGHT FORWARD

FINGERS POINTING INWARD



FINGERS POINTING OUTWARD



MODIFICATION



PREHAB FOR COMMON VOLLEYBALL INJURIES BY LOCATION:

KNEE

EXERCISE GOAL: KNEE & HIP ACTIVATION/CONTROL

LATERAL LUNGE TO CURTSY LUNGE (LATERAL ANKLE STABILITY INCLUDED).

START BY PERFORMING A LATERAL (SIDE) LUNGE. SIT BACK INTO THE LUNGE LIKE YOU ARE SITTING INTO A CHAIR, TRY TO KEEP YOUR KNEE POINTING FORWARD OR SLIGHTLY OUT TO THE SIDE. RETURN TO A STANDING POSITION—THEN IMMEDIATELY PERFORM A CURTSY LUNGE. YOUR BACK LEG SHOULD CROSS THE MIDLINE, YOUR FRONT LEG SHOULD BE ANGLED SIMILAR TO THE PHOTO BELOW. AS YOU IMPROVE YOUR FORM, YOU CAN TRANSITION FROM ONE LUNGE TO THE OTHER WITHOUT SETTING YOUR FOOT DOWN IN-BETWEEN.

PERFORM X10REPS OF EACH LUNGE ON EACH LEG, PRIOR TO PRACTICE/GAMES.



SIGNS OF POSSIBLE INJURY THINGS TO LOOK OUT FOR!



SPORTS INJURIES ARE BROADLY
CATEGORIZED INTO TWO KINDS

ACUTE INJURIES

**Happen
suddenly**

Predispositions:
When a person falls,
receives a blow, or
twists a joint during
activity.

CHRONIC INJURIES

Are usually related
to **repetitive loading**
or **overuse** and
develop gradually
over time.

Occasionally, wear
and tear from
overuse injuries can
set the stage for
acute injuries.

THIS INFORMATION AND THE FOLLOWING TWO PAGES ARE DIRECTLY FROM THE
NATIONAL INSTITUTE OF HEALTH'S WEBPAGE. THE ARTICLE AND FURTHER
INFORMATION IS AVAILABLE AT: [HTTPS://WWW.NIAMS.NIH.GOV/HEALTH-
TOPICS/SPORTS-INJURIES](https://www.niams.nih.gov/health-topics/sports-injuries)

ANYONE CAN SUFFER A SPORTS INJURY, BUT SEVERAL FACTORS CAN INCREASE THE RISK OF SUSTAINING INJURY.

The Risk Factors for Sports Injuries Include:

- Not using the correct exercise techniques.
- Overtaining, either by training too often, too frequently, or for too long.
- Increasing your intensity of physical activity too quickly.
- Playing the same sport year-round.
- Running or jumping on hard surfaces.
- Wearing shoes that do not have enough support.
- Not wearing the proper equipment.
- Having had a prior injury.
- Having certain anatomical features specific to each joint or poor flexibility.
- Taking certain medications, such as fluoroquinolones, a class of antibiotics linked to tendinitis and tendon rupture.



THE TYPE OF INJURY YOU ARE MOST VULNERABLE TO DEPENDS ON THE TYPE OF ACTIVITY YOU PARTICIPATE IN, YOUR AGE, AND YOUR SEX.

THE SYMPTOMS OF A SPORTS INJURY DEPEND ON THE TYPE OF INJURY YOU HAVE.



SYMPTOMS OF AN ACUTE INJURY INCLUDE:

- SUDDEN, SEVERE PAIN.
- EXTREME SWELLING OR BRUISING.
- NOT BEING ABLE TO PLACE WEIGHT ON A LEG, KNEE, ANKLE, OR FOOT.
- NOT BEING ABLE TO MOVE A JOINT NORMALLY.
- EXTREME WEAKNESS OF AN INJURED LIMB.
- A BONE OR JOINT THAT IS VISIBLY OUT OF PLACE.

SYMPTOMS OF A CHRONIC INJURY INCLUDE:

- PAIN WHEN YOU PLAY OR EXERCISE.
- SWELLING AND DULL ACHE WHEN YOU REST.



HOW WE APPROACH ATHLETE RECOVERY AND SPORTS PERFORMANCE

1

SPEND TIME WITH YOU DISCUSSING YOUR CURRENT SITUATION, THOROUGHLY SCREENING YOUR SYMPTOMS AND DETERMINING THE FUNCTION AND CAPACITY NEEDED FOR YOUR SPORT.

FUNCTION: THE ABILITY TO PERFORM MOVEMENTS THROUGH THE FULL RANGE OF MOTION WITH NO LIMITATIONS

CAPACITY: PERFORMING MOVEMENTS UNDER THE LOAD NECESSARY FOR YOUR SPORT (WEIGHT, REPETITIONS, INTENSITY, ECT.)

2

USING OUR ADVANCED EQUIPMENT AND KNOWLEDGE TO LOOK FOR LIMITATIONS:

WE USE SPECIALIZED EQUIPMENT; TINDEK AND ACTIVEFORCE DYNAMOMETRY, AND OTHER STANDARDIZED METHODS OF ASSESSMENT TO DETERMINE THE ROOT CAUSE OF YOUR CURRENT PROBLEM

USING THIS EQUIPMENT HELPS US TO TRACK CHANGE OVER TIME, AND HELPS US CONTINUE TO IMPROVE YOUR PERFORMANCE OVER TIME

3

RETURNING YOUR FUNCTION (RESET), IMPROVING YOUR CAPACITY (RESTORE) AND OPTIMIZING YOUR PERFORMANCE (RELOAD AND RESILIENCE)!

WE FIRST WORK TO **RESET** YOUR FUNCTIONAL ABILITY
WE THEN LOOK TO **RESTORE** YOUR CAPACITY
FINALLY, WE WORK TO **RELOAD** AND OPTIMIZE YOUR PERFORMANCE AND PREHAB TO AVOID FURTHER INJURIES WITH RESILIENCE!

Call or text us today to claim your \$47 Youth Athlete Evaluation!

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**PUBLISHED BY:
EVOLV PHYSICAL THERAPY & PERFORMANCE
CEDARBURG, WISCONSIN
WWW.EVOLV-PT.COM**

REFERENCES USED FOR THIS E-BOOK:

**DE AZEVEDO SODRÉ SILVA, A., SASSI, L.B., MARTINS, T.B. ET AL. EPIDEMIOLOGY OF INJURIES IN YOUNG
VOLLEYBALL ATHLETES: A SYSTEMATIC REVIEW. J ORTHOP SURG RES 18, 748 (2023).**

[HTTPS://DOI.ORG/10.1186/S13018-023-04224-3](https://doi.org/10.1186/s13018-023-04224-3)