

# Common Volleyball Injuries

## SHOLDER DISLOCATION

Shoulder dislocation involves the complete displacement of the humerus bone from its original position within the shoulder joint. This injury often happens due to specific actions, such as landing forcefully on the arm, particularly when diving to save a ball during sports activities. Another common scenario is the dislocation occurring while reaching backward in anticipation of executing a serve or an aggressive attack.

### SIGNS AND SYMPTOMS

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A visibly deformed or out-of-place shoulder is often the most apparent sign, accompanied by noticeable swelling and/or bruising around the joint area.

Individuals experiencing a dislocated shoulder typically encounter an inability to move the joint due to the displacement, resulting in restricted mobility and considerable discomfort. The most notable symptom is intense pain, which can be severe and debilitating, contributing to the overall challenge of moving the affected shoulder.



#### 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

Acute management for a shoulder dislocation involves prompt and careful actions. It is crucial to remove the individual from play immediately to prevent further injury. Splinting or using a sling to secure the arm in its current position is recommended; however, **do not relocate the shoulder if not properly trained** in this procedure to avoid causing additional damage.



It is crucial to seek immediate medical assessment for an ACL tear.

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.

