



OUR HERITAGE (UGC Care Journal)

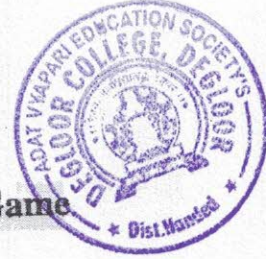
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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



An Analysis of Common Injuries in volleyball Game

Dr. Nirajkumar N. Uplanchwar

Director of Phy. Edu.

Degloor College, Degloor

Email:- nirajuplanch@gmail.com

Abstract

It is commonly known that different games provide an opportunity to develop, grow and maintain the health of us. In this rank the games get ranked as per their fans. Soccer has earned the first rank where there are many people who usually watch it. The second position is earned by volleyball at an International level which has the highest participation rates throughout worldwide. It deals with both types indoor and beach volleyball. The games has the unique team sports that has evolved into two distinct Olympic events—indoor and beach. These two sports has injuries though they differ from each other. Indoor volleyball has different problems whereas beach deals with another problems. Whatever may be but the injuries are more common than acute injuries. There are different reasons like amount of repetition, improper technique, and type of playing surface. The overuse of the body organs in performance like knee, shoulder and lower back are not unusual in volleyball.

Spiking and blocking are most commonly used in playing the game. Shoulder injuries are very common. Some of the important injuries like sprains and strains around ankle also occur. Finger is mostly used to jump the ball over shooter carries finger injuries such as dislocations and tendon tears, frequently occur during setting and blocking.

Introduction

It is well known that the top most position acquired in the field of competitive game as per the spectators concern that is soccer. Volleyball is the second highest participation rates in worldwide, including both indoor and beach volleyball. It is a nice game which involves the unique team sports that has evolved into two distinct Olympic events—indoor and beach. It has two types of injuries and acute injuries. Overuse injuries are more common than acute injuries because of the amount of repetition, improper technique, and type of playing surface. It involves overuse conditions of the knee, shoulder and lower back are not unusual in volleyball.

Commonly acknowledged injuries in volleyball

The shoulder is commonly used organ in volleyball. The players repeatedly use their shoulders for spiking and blocking purposes. Overuse of injuries of the shoulder is common. The problems of Sprains and strains, around ankle, also occur often. Dislocations and tendon tears frequently occur during setting and blocking in the game of volleyball.

Dr. Anil Chidrawar
I/C Principal

A.V. Education Society's
Degloor College, Degloor Dist. Nanded



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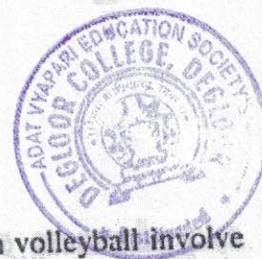
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Wrist Injuries

The setting and blocking mainly cause the injuries in Wrist. Wrist injuries in volleyball involve joint sprains. The different movements of the shoulder; the player may sense as if the shoulder is unstable and typically will develop pain when the rotator cuff and cartilage gets impinged against structures inside the shoulder joint because of excessive shoulder movement in shooting, blocking and supporting the other players. The problem of over time leads to a labra tear. Shoulder Dislocation injuries occur when the ball of the hummers is dislocated from the socket of the scapula through blunt force trauma. when the muscles, tendons and the bursa of the shoulder become inflamed and swollen Shoulder Impingement Syndrome occurs.

Injuries in Shoulder

The Volleyball players get repeatedly injuries in shoulders for the bodily movements like overhead serving, spiking and blocking. The overuse of the rotator cuff muscles leads to rotator cuff tendinitis commonly seen in adults. They are less in young athletes. We see in our young volleyball players, pain from shoulder instability and resulting impingement is what. There are also ligaments that help to stabilize the shoulder joint during the movements of the body. The player's arm goes into excessive positions and rotations for hitting the ball on the other side. These muscles and ligaments are unable to restrain when they are excessive or overworked.

Pain in Lower back

Repetitive bending and rotating of the trunk causes Back pain in volleyball players. Strains of the lower back is the most common back injury although the repetitive hyperextension of the lower back during hitting and setting can also place a lot of stress on the lower back bones. This can lead to stress fractures of the vertebra in the spine, known as spondylolysis, which is a very common cause of low back pain in volleyball players. Adolescents face this injury severely as their vertebral bones are still weak in this area. We must know deeply how to treat this illness as it may cause great pain. Though volleyball is a safe game compared to other high contact, collision sports, it lends itself to unique injury patterns like overuse injuries of the knee, shoulder and back. These injuries are getting problematic during those who play volleyball regularly.

Ankle Injuries

The ankle injury is 40% in volleyball players. Ankle sprains are acute injuries which are seen in volleyball sports persons. The players face this problem during opposing player lands onto another player's foot. It is necessary to rehab the injury before returning to play the game. It should be done preferably under the supervision of an athletic trainer or physical therapist.

Finger Injuries



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Fingers are often used by the supporters to serve the ball over the net. Fingers are inevitable to injury during volleyball activities, such as blocking, setting, and digging. There are finger injuries include tendon ligament tears fractures, dislocations.

Tips for Preventing Injury

- Follow proper usage of scientific and systematic learning skills and techniques of game
- Warm up muscles with the help of stretching and light aerobic exercises before the game.
- Take the training for the lower back, shoulders and legs
- Follow doctor's advice get the proper solution by a physiotherapist
- Wear ankle supportive like an ankle brace or taping,
- You should have had a prior sprain to prevent the ankle from rolling over,
- Minimize the amount of jump training on hard surfaces
- Be cool down after a long practice
- The athlete should return to play only when clearance is granted by a health care professional

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