

INJURY PREVENTION STRATEGIES

*Building Healthy Athletes
for Peak Performance*

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*Disclaimer: This presentation is for educational purposes only,
not individual medical advice or a formal plan of care.*



My goal is simple:

*"Prevent injuries, optimize performance,
and keep athletes on the court."*

◆ Physical Therapy & PT Initiatives | 60%

On-Site PT Services
Injury Risk Assessments (FMS)
Develop Routines for Athletes (prevention & performance)

◆ Club Administration | 25%

Coordinate Return-to-Play
Manage Off-Court Performance Services

◆ On Court | 15%

Power●Tech Curriculum
Return-to-Sport Lessons



Michelle Fadool, DPT, PT

Triangle Volleyball Club

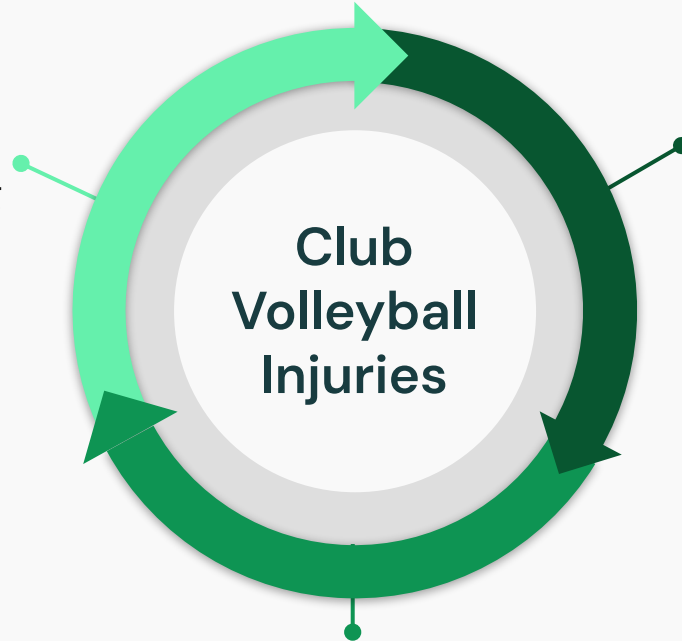
- Director, Performance Health & Injury Prevention
- Head Coach, Triangle 14 Black

Licensed Physical Therapist

Our goal today is simple too:

THE PROBLEM:

1. Injury rates are increasing
2. Solutions tend to be reactive & variable
3. Injuries are mismanaged



TYPES OF INJURIES:

1. Acute
 - Incidental
 - Preventable
2. Overuse
 - Tendon/Muscle
 - Bone

THE SOLUTION?

A 4-step guide to PRACTICAL injury prevention.

Most Commonly Mismanaged Injuries

ANKLE SPRAINS

“It’s just a sprain” → Rest only heals, it doesn’t restore or prevent future injuries

“But, they gave me exercises” → These are typically exercises for the 1st week after injury... proper rehab takes 4-12 weeks with gradual RTP

Boot → Court... the fastest way to get hurt again

#1 Predictor of Lower Body Injuries & Low Back Pain

Prevention...

1. Strength, balance and stability work
2. Calf mobility and ankle dorsiflexion ROM
3. Bracing, taping, ankle support
4. Landing technique & safety
5. Core & trunk control

CONCUSSIONS

“I wasn’t hit that hard” → Remove, Evaluate, Re-assess in ~20 minutes

“I just have a headache” → This athlete is likely concussed, don’t dismiss this symptom

“My doc ‘thinks’ I’m okay to play” → Diagnosing & treating concussions is a speciality

Dark Room, Quiet → Court... the fastest way to get hurt again & prolong recovery

Prevention...

1. Drill set up at practice
2. Technique (diving, defense, blocking)
3. Awareness at tournaments
4. Full recovery (completed ALL steps) before RTP

Getting Started...

Assessment & Needs Analysis

Injury review & corrective action

Court safety & drill set up

Identify potential resources WITHIN your organization

Gaining Traction...

Assessment & Needs Analysis



Injury review & corrective action

Court safety & drill set up

Identify potential resources WITHIN your organization

Foundational Practices

Dynamic Warm Up & Cool Down ▼

Equipment requirements & recommendations ▼

Schedule review

PARENT & COACH education... buy in starts with adults

Program Expansion...

Assessment & Needs Analysis



Injury review & corrective action

Court safety & drill set up

Identify potential resources WITHIN your organization

Foundational Practices



Dynamic Warm Up & Cool Down ▼

Equipment requirements & recommendations ▼

Schedule review

PARENT & COACH education... buy in starts with adults

Advanced Strategies

ATHLETE education... seminars for basics

Identify and utilize trusted referral resources

Active rest & recovery and schedule modifications

Promote culture of disclosure of symptoms

The Triangle Standard...

Assessment & Needs Analysis



Injury review & corrective action

Court safety & drill set up

Identify potential resources WITHIN your organization

Foundational Practices



Dynamic Warm Up & Cool Down ▼

Equipment requirements & recommendations ▼

Schedule review

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ATHLETE education... seminars for basics

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Active rest & recovery and schedule modifications

Promote culture of disclosure of symptoms

Optimal Performance Strategies



On-site PT clinic & SCE ▼

Injury Risk Assessment ▼

Facility Upgrades

Director of Injury Prevention

Technical expert for jumping/landing, arm swing and diving mechanics

Off-court performance services (referrals and in-house seminars)

Optimal Performance Strategies

The Triangle Standard





Power•Tech
Any•where Approach, and Landing strategies
Michelle Padool, DPT, PT

RESOURCES:

- ◆ Dynamic Warm Up & Cool Down Example
- ◆ Equipment Recommendations
- ◆ Nutrition & Hydration Recommendations
- ◆ SCE Training Example
- ◆ FMS Information & Website Link
- ◆ Power●Tech 1.0 Curriculum Example
- ◆ Injury Risk Assessment Worksheet

Scan QR Code for Resources



THANK YOU!

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