

Name \_\_\_\_\_

## Spike the Risk: Preventing and Treating Volleyball Injuries

### Multiple Choice Questions

1. Which of the following is NOT a common volleyball injury?
  - a) Ankle sprain
  - b) Elbow strain
  - c) Knee injury
  - d) Shoulder pain
  
2. What is the RICE method used for in treating injuries?
  - a) Preventing injuries
  - b) Strengthening muscles
  - c) Treating minor injuries
  - d) Improving technique
  
3. What can players do to prevent volleyball injuries?
  - a) Avoid warm-up exercises
  - b) Overtrain without rest
  - c) Use proper technique
  - d) Skip protective gear
  
4. Which body part is at risk of injury due to overuse in volleyball?
  - a) Ankle
  - b) Elbow
  - c) Knee
  - d) Neck
  
5. What should you do if you suspect a severe injury like a fracture during a volleyball game?
  - a) Continue playing
  - b) Consult a medical professional
  - c) Apply heat to the injured area
  - d) Ignore the injury

