

Name \_\_\_\_\_

## Spike the Risk: Preventing and Treating Volleyball Injuries

### Open-Ended Response Questions

1. Describe the role of physical therapy in the treatment of volleyball injuries and how it helps in the recovery process.
2. Explain the importance of rest and recovery in the treatment of volleyball injuries and how it contributes to the healing process.
3. Share a personal experience or scenario where a player might need to use the RICE method to treat a volleyball injury. Describe the steps the player should take.
4. Imagine you are a volleyball coach. How would you emphasize injury prevention to your players, and what specific strategies would you implement in your training sessions to reduce the risk of injuries?

