

Name \_\_\_\_\_

## Spike the Risk: Preventing and Treating Volleyball Injuries

### Short Answer Key

1. The four steps of the RICE method are Rest, Ice, Compression, and Elevation.
2. Proper technique is important in preventing injuries because it reduces the strain on your body and minimizes the risk of making sudden movements that can lead to injury.
3. One way to prevent volleyball injuries through strength and conditioning is by strengthening the muscles and joints, making them less susceptible to injury.
4. Players should allow their bodies time to recover between practices and matches because it helps prevent overuse injuries and allows muscles and joints to heal and rebuild.
5. Volleyball players can wear ankle braces and knee pads to provide extra support and protection.

