



Sports Medicine: Adult Program Volleyball Performance Program

Program focuses on lower body strength and proprioception as well as strengthening the shoulder/arm musculature. Both areas of the body are essential to improving volleyball skills. The program was designed to improve vertical jump height by using video analysis to assist in reducing risk for injury.

Program Objectives

- Improve quad and hamstring strength
- Improve rotator cuff and shoulder/arm mechanics
- Increase vertical jump height and reduce harmful landings
- Improve knee proprioception
- Enhance body control

Program Focus

- “Train out” injury causing habits
- Strength building of legs
- “Jump and Land” training for improved balance and safety
- Body Core Strengthening

Program Provides

- Pre and Post Video Analysis Testing in vertical jump height and leg press test
- Six one-hour sessions over two weeks
- Home exercise program for “off day” training
- Education of the role of knee anatomy in overall sports activities.

For more information contact:

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