

Common Volleyball Injuries

Volleyball Physical Therapy in Corpus Christi

Timely and correct treatment of an acute injury will minimize recovery time. Humpal Physical Therapy & Sports Medicine Centers can also help you prevent re-injury by teaching you how to maintain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for appropriate volleyball equipment selection.

Relevant Links:

- [Shoulder Impingement Syndrome](#)
- [Calcific Tendonitis of the Shoulder](#)
- [Patellar Tendonitis \(Jumper's Knee\)](#)
- [Ankle Sprains](#)
- [Low Back Pain](#)
- [Olecranon Bursitis](#)

Other Relevant Links:

- [Guide to Selecting Volleyball Equipment](#)
- [Stretching Guide for Volleyball](#)