

RETURN TO SPORT PROGRESSION: VOLLEYBALL

1. The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Volleyball Protocol.
2. Recommend pursuing Transitional Therapy for return to sport activities during this phase Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to sport.
3. The athlete may progress through the phases as tolerated. Cross-training can be performed on off days. (Cross training can be done by performing non sport specific activities i.e. biking, yoga, and/or PT home exercises, see attached instructions).
4. The home exercises and training activities in each phase are a comprehensive guideline, it is not necessary to complete every activity and/or exercise on the day you are training. The athlete should pick 1-2 activities or exercises per section to avoid over training.
5. Each phase should be performed 3-4 times with **one rest day between each session**, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty.
6. If the athlete experiences pain, swelling, decreased range of motion or difficulty during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and or difficulty completing activities. Do not keep moving through phases if you are having pain or difficulty. Seek medical attention if necessary.
7. Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms or excessive fatigue.
8. The athlete should ice the affected area for 15-20 minutes following the activity.

	Phase 1	Phase 2	Phase 3	Phase 4
Conditioning and light skills/drills	•	•	•	•
Conditioning and full skills/drills		•	•	•
Full Team practice with scrimmage			•	•
Games and Progressive playing time				•

- **Warm Up to be performed before each session:**
 - **Foam rolling:** large lower extremity and upper extremity muscle groups or specific areas of focus as instructed by Physical Therapist.
 - **Dynamic Warm up:** Walking quadriceps stretch, walking hamstring stretch, inchworm walkouts, ½ kneel ankle rocking, forward lunges to net (30 feet), lateral lunge to net, high knees, power skips, lateral shuffles net
 - **Upper body warm up:** see PT home exercises for upper extremity

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- **Phase 1 –**

- **Running:**

- Jog to the net and back X 3
- $\frac{3}{4}$ speed sprint to 10 foot line, down and back, then net down and back
 - Complete: forward to back peddle, side shuffle, forward with turns at line

- **Agility/ Jumping/ landing:**

- Side step to block (without penetrating the net) the length of net 3x
- Approach foot work (with 50% effort arm movement), 10x
- Agility cone drills & ladder drills at $\frac{3}{4}$ speed
 - Figure 8, X-Lane Drill, M Drill, ZigZag, and T Drill
 - *See attached sheet for agility drills descriptions

- **Ball Drills:**

- 50%-75% effort pepper, 3-5 minutes
- 2 X 20 roll shots
- 10 standing float serves
- 30 forearm passes total (excluding pepper): serve receive, defense, or passing drills
- For setters: 3 x 12 set to outside hitter (14's)

- **Phase 2 –**

- **Running:**

- Jog full court and back 2x
- Full speed half court sprint, side shuffle, back peddle, side shuffle the outside of court 3x
- Line touches at full speed (10ft line, net, opposing 10ft, baseline) 3x

- **Agility/ jumping/ landing:**

- 20x side step to full block: in drills or reps at the net
- With full approach 75-100% effort:
 - 15x hits down the line
 - 15x hits cross court
 - 15x roll shots
 - 5-10x tips/dumps
- Perform PT home exercise jumping/ landing drills with trainer or coach
- Agility cone drills & ladder drills at full speed
 - Figure 8, X-Lane Drill, M Drill, Zig Zag, and T Drill

- **Ball Drills:**

- 75% - 100% effort pepper, 5-8 minutes
- 10-20 jump float serves
- 75% effort top spin serve
- 50 forearm passes (excluding pepper): serve receive, defense, or passing drills
 - Begin pass to dive drills
- 10-15 over head receive: defense or passing drills
- For setters: 3 X 8 sets each to all hitters (12's, 14's, 51's, 52's, 92's, 94's)

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- **Phase 3 – Conditioning and return to contact**
 - **Running:** all running drills within practice
 - **Agility/ Jumping:**
 - Agility cone drills & ladder drills at full speed
 - Figure 8, X-Lane Drill, M Drill, ZigZag Drill, T Drills
 - **Ball Drills/ Hitting:** *progress to 100% effort for all hitting/blocking/serving/passing/setting*
 - **Practice with team**
 - Step 1: Warm up and all drill work
 - Step 2: Full practice including team scrimmage at end of practice
 - Step 3: Begin to have conversation with coach about starting to play partial games
 - Complete practice for at least 1 full week without any complications or setbacks to progress to Phase 5

- **Phase 4 – Progression back to game**
 - Continue with Phase 3 Running, Agility/ Jumping, Hitting/blocking/serving/passing/setting drills
 - Continue with PT home exercises for strength, power, balance, and proprioception
 - Playing in game with team:
 - Step 1: Full Warm Up
 - Begin with playing your rotations in the first set, and third set
 - Progress to adding in the second set
 - Step 2: Progress to **full games and prior level of competition**



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Lower Extremity PT Exercises for Home:

<i>Disclaimer: the athlete should pick 1-2 exercise per section to avoid over training.</i>				
	Exercises	Sets	Repetitions	Comments/ Modifications:
	Jumping/ Landing:			
	• Double/single leg toe drop			
	• Double leg jump prep			
	Power:			
	• Squat jump			
	• Broad jump			
	• Box jump			
	• Forward leaps			
	• Bounding			
	• Scissor jumps			
	• Hurdle hops			
	Strength:			
	Core			
	• Quad hover			
	• Plank			
	• Side plank			
	• Bear crawls			
	Hip/ Glutes			
	• Bridge			
	• Clamshells			
	• Band walks			
	• Squats			
	• Lateral lunge			
	Quadriceps			
	• Squats			
	• Split squats			
	• Lunges			
	• Leg Press			
	Hamstrings			
	• Bridge walkouts			
	• Nordic Hamstring exercise			
	• RDL			
	Balance/ Proprioception			
	Double leg (DL), Single leg (SL)			
	Eyes open (EO), Eyes closed (EC)			
	• DL squat EO/EC			
	• DL squat to SL hold EO/EC			
	• SL balance EO/EC			
	• SL balance 3 way cone reach			

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PT Exercises for Home:

Upper Extremity

- Warm Up:

- **Muscle release/ Ball Rolling:** shoulder blade muscles ball against wall as needed
- **Stretches:** Shoulder stretches as needed
 - Kneeling Latissimus Doris stretch on box
 - Wall cross body stretch
 - Side lying sleeper stretch

Disclaimer: the athlete should pick 1-2 exercise per section to avoid over training.

Exercises	Sets	Repetitions	Comments/ Modifications:
Power:			
• Med Ball slams			
• Med Ball wall throws			
• Rope slams			
Push up progression: elevated push-ups on box → push up on the floor → plyo push ups			
Bench press progression: 1 Arm dumbbell floor press → 2 Arm dumbbell floor press → incline dumbbell bench press → flat dumbbell press → barbell bench press			
Core Strength:			
Core			
• Quad hover			
• Plank			
• Side plank			
• Bear crawls			
Scapular Strength:			
• Prone I, T, W			
• ½ kneel "gators"			
Row progression: Standing row → Inverted row → progressively lowering bar → assisted band pull ups → full pull ups from bar			
Shoulder Strength:			
• Thera Band ER/ IR			
• Arm Bar exercise			
• Farmers carry			
• Rack carry			

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Agility Drills:

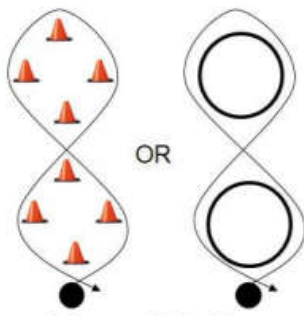
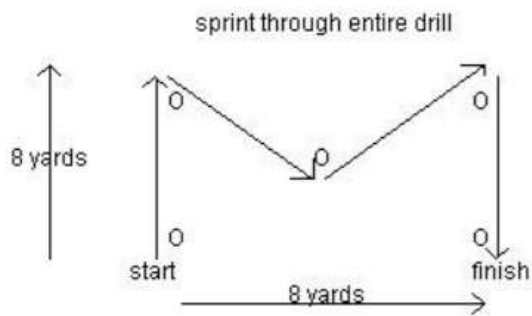
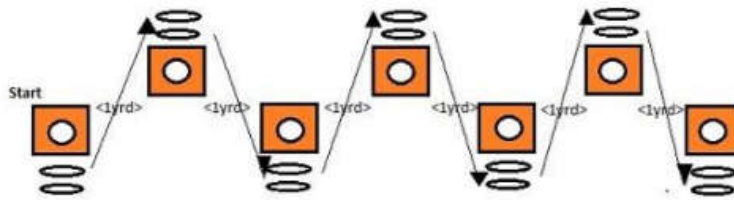


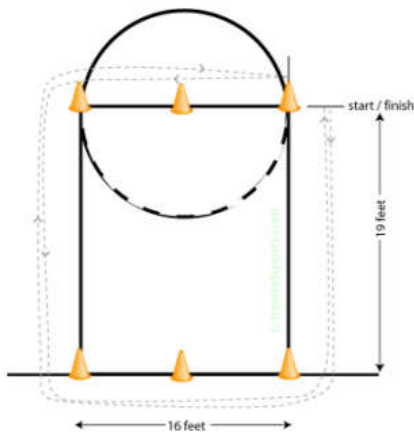
Figure 8 Drill



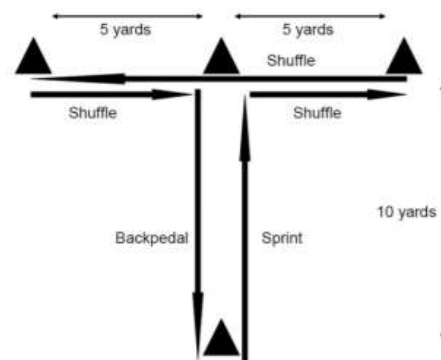
M Drill



Zig Zag Drill



X Lane Drill: Sprint, side shuffle, back pedal, side shuffle



T Drill