

A QUICK SET:

CONCUSSIONS *and* VOLLEYBALL

Did you know...?



Volleyball has the overall lowest rate of concussion for all youth sports? Despite being a non-contact sport, **concussions still occur.**

True or False?

Concussions occur more during volleyball games than practices?

FALSE.

Serving Up Concussion Stats

- 46.5% occur during practice
- 38.4% occur during games
- 15.1% occur during warm-ups

These are the most common ways to get a concussion in volleyball:

- 57.1% — ball-to-head contact
- 20.2% — player-to-player contact
- 15.5% — head-to-floor contact

Contact with the net/pole can also be associated with concussions and closed head injuries.

Stay Safe on the Court:

- Place protective pads on all net poles prior to beginning play
- Avoid crossing the court while serving is taking place
- Call your ball to avoid collisions
- Remove all extra equipment from the court
- Always serve and hit in the same direction
- Don't huddle during the other team's warmup

The UPMC Sports Medicine Concussion Program can help concussion patients through active treatment approaches. Visit ReThinkConcussions.com or call **412-432-3681** for more information.

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