

Volleyball following a concussion

Volleyball is a **medium-risk sport** for concussion. Risks arise from:

- **Ball strikes** to the head (from serves, spikes, or blocks).
- **Player collisions** during dives, blocks, or defensive coverage.
- **Falls** when landing awkwardly from jumps.
- **Contact with the floor** during defensive dives.

Because volleyball involves **frequent jumping, rapid reactions, and unpredictable ball flight**, even mild concussion symptoms (delayed processing, balance issues) can significantly increase risk. A staged RTS pathway ensures athletes recover both physically and cognitively before returning to competitive play.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training. Focus on fitness</p> <p>Volleyball specific exercise</p> <ul style="list-style-type: none"> - Ball handling (passing to self, controlled partner passes). - Underarm serves at low intensity. - Setting drills with controlled feeds. - Footwork walk-throughs for blocking and defensive positioning.
R2P Medical Assessment to assess fitness to start a Gradual Return to Sport		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Volleyball training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Spiking practice (coach-fed balls, no block). - Jump serving at increasing intensity. - Defensive dives with controlled ball feeds. - Small-sided non-contact games (3v3, restricted rules). <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Full 6v6 scrimmages with contested blocks and spikes. - Match scenarios with high-speed serving and defensive dives. - Competitive play under full rules.
R2P Medical Assessment to assess fitness to return to unrestricted sport		
Day 21	Only if symptom free at rest for the preceding	Return to full competitive Volleyball



	14 days AND symptom free during previous stage	
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