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## **RETURN TO VOLLEYBALL PROGRAM**

### **General Principles:**

- All skills should be performed in the presence of an Athletic Trainer, Physical Therapist, or qualified coach to stress proper mechanics.
- The athlete should ice the affected extremity for 20 minutes following any overhead activity.
- The athlete should only progress to the next Step of each Phase if he/she is able to complete the current Step without pain or difficulty.
- Under the direction of the Physical Therapist or Athletic Trainer, the athlete may progress through the Steps and Phases as tolerated.
- Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms.

### **Volleyball Key:**

**Attack Hits: Approach and spike at the net**

**Full Court Hits: Back row, standing overhead hit (no jump) across a full court**

#### **Step 1**

20 warm-up hits (50%)  
8 attack hits (50%), 2 sets\*  
10 easy full court hits

#### **Step 2**

20 warm-up hits (50%)  
10 attack hits (50%), 2 sets\*  
4 serves (50%)  
10 easy full court hits

#### **Step 3**

20 warm-up hits (50%)  
8 attack hits (50%), 3 sets\*  
4 serves (50%), 2 sets\*  
10 easy full court hits

#### **Step 4**

20 warm-up hits (50%)  
10 attack hits (50%), 3 sets\*

4 serves (50%), 3 sets\*  
10 easy full-court hits

**Step 5**

20 warm-up hits (75%)  
8 attack hits (75%), 3 sets\*  
3 serves (75%), 3 sets\*  
15 easy full-court hits

**Step 6**

30 warm-up hits (75%)  
9 attack hits (75%), 3 sets\*  
3 serves (75%), 3 sets\*  
15 easy full-court hits

**Step 7**

30 warm-up hits (75%)  
10 attack hits (75%), 4 sets\*  
4 serves (75%), 3 sets\*  
15 easy full-court hits

**Step 8**

30 warm-up hits (75%)  
8 attack hits (100%), 4 sets\*  
5 serves (75%), 4 sets\*  
20 easy full-court hits

**Step 9**

30 warm-up hits (75%)  
10 attack hits (100%), 4 sets\*  
5 serves (100%), 4 sets\*  
20 easy full-court hits

**Step 10**

30 warm-up hits (75%)  
12 attack hits (100%), 4 sets\*  
5 serves (100%), 4 sets\*  
20 easy full-court hits

**\*\*\* Rest 45-60 seconds between hits, 6-8 minutes between sets. If the athlete experiences pain or soreness following completion of the step, take 1 day off and repeat the step again. If no soreness, advance 1 step every day\*\*\***