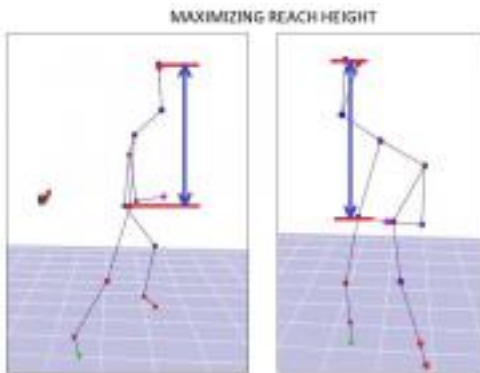


Volleyball Spiking



[1]The UF Sports Performance Center works to improve ways to analyze volleyball spiking motion. With over 7 years of experience testing and working with D1 collegiate players, our center has developed one of the most comprehensive motion analysis processes for volleyball players.



[2]What we look for:

- How well you can maintain fluidity of motion from the initial jump to ball contact
- Position and rotation of your body segments and joints for optimal form at the approach, ball contact and follow-through landing
- How flexible is your spine when you cock back to prepare for ball contact
- Joint forces acting at the shoulder and elbow that may put the player at risk for injury
- Areas where specific training may help you with power in your spike
- Hand reach height and landing position

Do you have musculoskeletal pain?

Our sports medicine-physiatrist specialists can help identify the possible reasons for the pain. The whole team works together to evaluate your spiking motion and find areas where motion can be adjusted to reduce the injury risk and pain.

Motion Analysis:

- A full biomechanical evaluation of your spiking motion will be performed. High speed video will be filmed during your spikes. A complete report of joint kinematics and body segment rotations,

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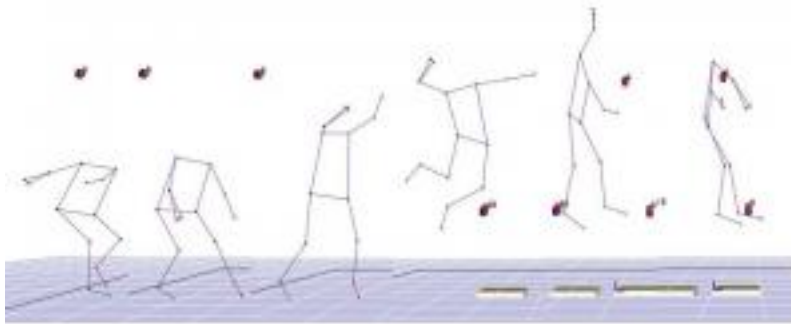
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forces and rotational speeds will be generated.

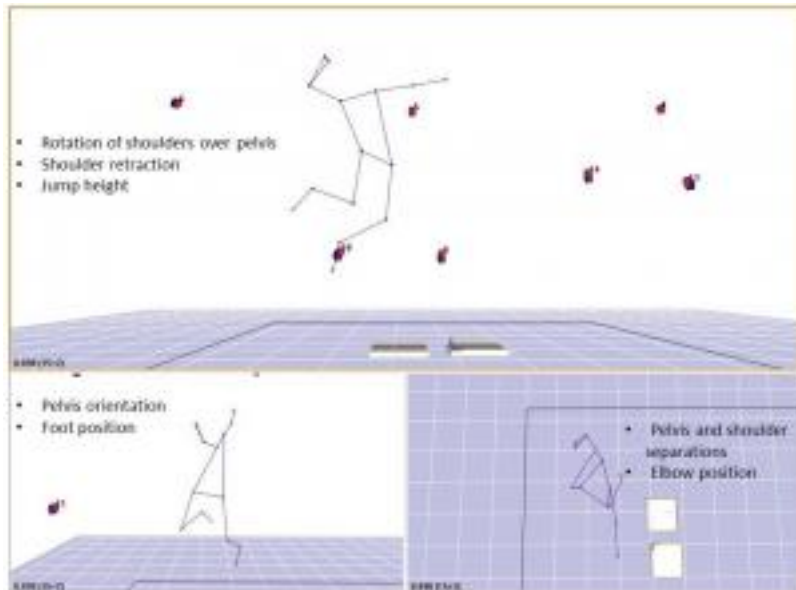
- Your data will be compared to D1 athletes.
- Clinical interpretations and recommendations for reducing injury or repairing current injury will be provided.
- A full report, consult and a flash drive video copy of your motions and electronic will be provided.

Sample motion analysis models are shown below.

Spike Motion Sequence



[3]



[4]

Want to schedule this test?

Please call us at (352) 273-7371 or email us ufspc@ortho.ufl.edu [5].

Our hours generally are:

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- Monday - Friday
- 8am - 5pm

Please inquire about special time requests.

Source URL:<http://ufsportsperformance.com/volleyball-spiking>

Links

[1] http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/imagepicker/1/volleyball-spike_0.jpg [2] <http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/imagepicker/1/reach-height.jpg> [3] <http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/imagepicker/1/sequence-of-spike-cortex-model.jpg> [4] <http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/imagepicker/1/three-D-cortex-volleyball.jpg> [5] <mailto:ufspc@ortho.ufl.edu>