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9-4-2015

Athlete Returns to Volleyball After Recovery

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Recommended Citation

Sydnor, Chelsea, "Athlete Returns to Volleyball After Recovery" (2015). GWU-Today. 178.

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Athlete returns to volleyball after recovery



Tyra Montour Photo by Megan Hartman

By: Chelsea Sydnor

Senior **Tyra Montour**'s plans changed greatly in March of 2015 when she ruptured her Achilles tendon during an early morning practice.

"I'd never been hurt to the point where I couldn't play," said Montour. "I was more shocked and emotional over the situation than anything. I wasn't expecting to miss the spring season before my senior year."

Fortunately for Montour, the volleyball team spends most of its spring season practicing and training rather than competing, so she didn't miss as much during her recovery.

Montour spent the entire season in a cast and crutches. The recovery process of an Achilles tendon injury usually takes six to nine months. Her athletic trainer, Ally Treadaway, helped Montour complete the healing process in five months, completing rehab exercises every single day from the end of March to the beginning of August.

Had Montour not been able to recover on time, she would have had the option to medically “red shirt.” She would have been able to travel and maintain her place on the team, but she would not have been allowed to play.

“That’s something I didn’t want to do,” she said. “It was never an option for me.”

Montour is almost at a full recovery. She said that apart from completing tasks at a slower pace, she can do anything everyone else does—she just has to make sure that she warms up enough before practice.

Montour is very excited to play again and ready to compete, especially since this is her last year.



Photo by Megan Hartman.

“I’m really looking forward to what we have in store and being with my team and coaches,” she said.

It was Montour’s teammates that helped keep her spirits up during the recovery process. Though she admits it would have been easy to feel sorry for herself, her teammates didn’t allow it by always keeping her optimistic and including her in their group activities even when she was in crutches.

As a senior, Montour is also making plans for after graduation. She wants to pursue a Master’s Degree in Healthcare Administration and keep her passion for

volleyball alive by playing in recreational leagues.

Gardner-Webb plays Southeast Missouri State University tonight at 7 in the LYCC.