As you play at the beach during the summer, have fun but take care not to stretch your limits while engaged in 
Y93.68 - Activity, volleyball (beach) (court).

ICD-10 - There is a code for that...

Have you ever been injured at Y93.68?

Are you ready for ICD-10? 
Among other features, ICD-10 provides enhanced coding accuracy and specificity compared to ICD-9.

Visit https://www.nctracks.nc.gov/content/public/providers/ICD10.html for more about NCTracks and ICD-10.