

# KEYS TO MANAGING KNEE PAIN



## 1. MANAGE LOAD

- TAKE DAYS OFF, GIVE YOUR BODY REST
- HAVE A REAL OFFSEASON
- LISTEN TO YOUR BODY

## 2. CORRECT MOVEMENT PATTERNS

- LEARN TO RUN, JUMP, & CUT WITH GOOD FORM
- LEARN TO OFFLOAD THE KNEE & SIT INTO HIPS

## 3. DEVELOP STRENGTH & STABILITY

- DO ISOMETRICS AT HOME
- LIFT WEIGHTS WITH US AT PRACTICE





# "DAILY VITAMIN" EXERCISES

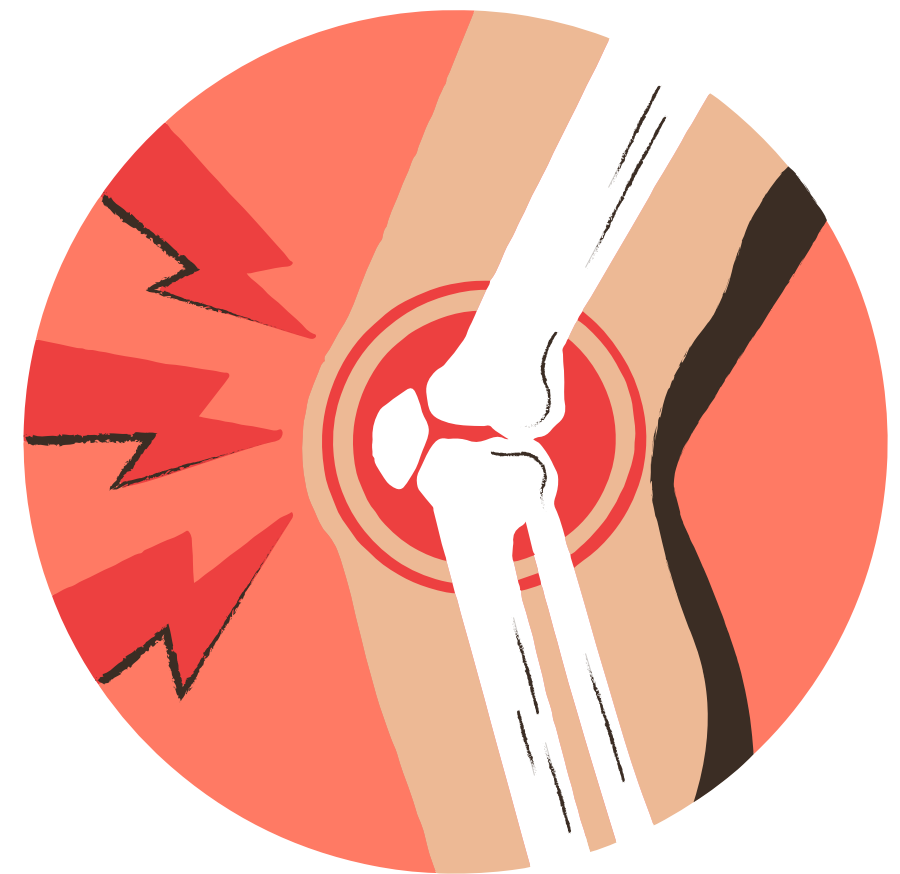
**HOLD EACH EXERCISE FOR 30-60 SECONDS, 3-4 SETS**

**1. ISO HIP BRIDGE → SINGLE LEG → FOAM ROLLER**

**2. WALL SIT → HEEL LIFT → SINGLE LEG**

**3. ISO LUNGE → HEEL LIFT → WEIGHTED**

**4. SINGLE LEG BALANCE PRACTICE**





# ISOMETRIC BRIDGE PROGRESSION

**ISO HIP BRIDGE**



**SINGLE LEG**



**FOAM ROLLER**



**HOLD FOR 30-60 SECONDS, 3-4 SETS**



# WALL SIT PROGRESSION

**BASIC WALL SIT**



**WALL SIT W/HEEL LIFT**



**SINGLE LEG WALL SIT**



**HOLD FOR 30-60 SECONDS, 3-4 SETS**



# ISO LUNGE PROGRESSION

**ISOMETRIC LUNGE**



**ISO LUNGE W/HEEL LIFT**



**WEIGHTED ISO LUNGE**



**HOLD FOR 30-60 SECONDS, 3-4 SETS**



# SINGLE LEG BALANCE PRACTICE

**S.L. BALANCE**



**S.L. BALANCE - REACH OUT**



**S.L. BALANCE - REACH BACK**



**HOLD FOR 30-60 SECONDS, 3-4 SETS**