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Knee Prehab

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Knee prehab exercises are designed to strengthen the knee joint in order to prevent injury. The following exercises may also serve as strengthening rehabilitation for overuse injuries of the knee joint, such as patellar tendonitis or quadriceps tendonitis.

1. [TKE](#)

- 2 Sets of 8 each leg

2. [Balance Single Leg Squat](#)

- 3 Sets of 6 each leg

- Raise heel of support foot

- 5 second count on way down

3. [Piston Squat With Band](#)

- 3 Sets of 6 each leg

- 5 second count on way down

4. [Foam Roller: IT Band](#)

- 1 minute back and forth slowly

5. [Foam Roller: Quadriceps](#)

- 1 minute back and forth slowly

6. [Isometric Split](#)

- 1 minute each leg

7. [Quadriceps Band Stretch](#)

- 1 minute each leg

Suggestions For Use

1. Perform all exercises as a workout
2. Perform all exercises after workout
3. Perform all exercises before workout
4. Perform 1-3 before workout/practice
5. Perform 4-7 after workout/practice

