



DAN'S 5 DRILLS FOR BULLETPROOF KNEES.

Knee injuries can be devastating for basketball players, causing pain that can make it difficult to develop as an athlete and play the game at a high level.

Moreover, if left untreated, knee injuries can lead to long periods of time missed and even early retirement from the sport. Unfortunately, basketball players are at a high risk for knee injuries due to the nature of the sport.

Most knee injuries tend to fall within the category of either traumatic (e.g., rupturing your ACL) or atraumatic/overuse (e.g., Jumper's Knee). Though some injuries are unpredictable, having a good support system around the knee is one way you might be able to minimise the risk of injury. While certain exercises can be more effective for some individuals than others, here are five drills you can do to build strength and stability around the knees.

HIP LOCK INTO WALL [YOUTUBE](#)

HIP LOCK SWITCH [YOUTUBE](#)

SINGLE-LEG HIP FOLD WITH DRIBBLE [YOUTUBE](#)

DRIBBLE, LUNGE & PUNCH [YOUTUBE](#)

LONG LEVER BRIDGE WITH ROTATIONS [YOUTUBE](#)

Click here to see!

Need guidance with an injury you've been dealing with or want help maximising your potential? Feel free to reach out to the team at Pro-Form Physiotherapy. We'd love to help.

Written by Daniel Muntz Physiotherapist at Pro-Form Physiotherapy Bella Vista

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