

Basic Off-Season Prep to Prevent Knee Pain from Volleyball

If you're getting ready for a new volleyball season you can use the following exercises to regain strength and explosiveness while also preventing knee pain. [Click here for a video demonstration.](#)

Wall Sits

The Wall Sit will help build a basic level of strength endurance in your quads while safely stimulating positive tendon adaptation to prepare your knees for jumping.

Technique

- Sit with your back against a wall
- Keep your shins vertical
- Feet parallel and pointed forward

Frequency

- Daily or even twice per day
- 5 sets of 30 to 60 seconds

Goal

- 60+ seconds with thighs parallel to the ground



Disclaimer

This information is intended for educational purposes only. The information is not advice, and should not be treated as such. If you have any questions regarding any medical matter, consult your doctor or other professional healthcare provider. Seek immediate medical attention if you think you may be suffering from any medical condition. Before using this material [read the full disclaimer here.](#)

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Slow Squats

The slow squat will further strengthen the quadriceps muscles as well as the patellar tendon while also training eccentric movement control. On top of this the single-leg variations train the stabilizing muscles and will reduce risk of acute ankle and knee injuries.



Two-Legged Version

- Feet hip-width apart and pointed forward
- Sit back slowly, gently touch the chair then push back up
- Squeeze the gluteal muscles at the top

One-Legged Version

- Keep your knee over your toes
- Slow and controlled movement
- Touch down gently: no bouncing and no momentum
- Only practice with good technique and use easier variations if you have to
- Tempo: about 2 second eccentric and 1 second eccentric

Frequency

- Two-legged squat: daily
- One-legged squat: 2 or 3 times per week

Goal

- 3 sets 15 slow and controlled single-leg squats to parallel

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Wall Quad Stretch

The wall quad stretch is a very effective quadriceps and hip flexor stretch. Don't do this stretch if you have knee pain.

Technique

- No space between knee and wall
- Brace your glutes and core muscles
- Maintain a neutral spine
- Stay as relaxed as possible
- Relaxed breathing

Frequency

- At least 2 minutes once per day

Goal

- It should become easy



Want to do more?

Other exercises you can include in your strengthening routine are the calf stretch, the hamstring stretch, calf raises, glute bridges, and deadlifts. These will further reduce risk of knee pain while also increasing explosiveness. Here are two example routines with all mentioned exercises.

3 Weekly Strength Sessions:

Monday	Tuesday	Wednesday	Thursday	Friday
Stretches	Stretches	Stretches	Stretches	Stretches
Strengthening Work		Strengthening Work		Strengthening Work

2 Weekly Strength Sessions:

Monday	Tuesday	Wednesday	Thursday	Friday
Stretches	Stretches	Stretches	Stretches	Stretches
Strengthening Work			Strengthening Work	