

# Prevention and Rehabilitation Training Strategies for Knee Injuries in Basketball

He Wang\*

Dalian University of Technology, City College, Dalian, 116024, China

\*Corresponding author: hhym1980@163.com

**Abstract:** *Knee injuries in basketball are one of the major issues affecting athletes' performance and long-term health. This paper focuses on knee injuries in basketball, exploring the main types of knee injuries and their causes, including anterior cruciate ligament (ACL) tears, meniscus injuries, patellar tendinopathy, and patellofemoral pain syndrome. The article provides a detailed analysis of the internal and external risk factors for both acute and chronic knee injuries and proposes scientific prevention strategies and rehabilitation training programs. Prevention strategies include proper warm-up, technical optimization, strength and flexibility training, and the use of protective equipment. The rehabilitation training strategies begin with functional protection in the initial phase of injury, progressing to strength and functional training, specialized sport retraining, and finally, establishing a long-term training plan to prevent recurrence. This paper aims to provide comprehensive knee injury prevention and rehabilitation strategies for basketball players, enhancing their athletic performance and joint health.*

**Keywords:** *Basketball; Knee injuries; Prevention strategies; Rehabilitation training; Anterior cruciate ligament tear; Meniscus injury*

## Introduction

Knee injuries frequently occur in basketball due to the high intensity and complexity of the sport, which places significant loads on the knee joint. Basketball players are particularly prone to various types of knee injuries, such as anterior cruciate ligament (ACL) tears and meniscus injuries, when performing actions like sudden stops, turns, and jumps. These injuries not only affect athletes' competitive performance but may also lead to long-term health issues. Scientific prevention and rehabilitation strategies are crucial for reducing the incidence of injuries, shortening recovery periods, and enhancing athletes' competitive levels. Through an in-depth analysis of the types and causes of knee injuries, this paper presents a series of preventive measures and rehabilitation training strategies aimed at providing theoretical support and practical guidance for the health protection and performance enhancement of basketball players.

## 1. Types and Causes of Knee Injuries in Basketball

### 1.1 Main Types of Knee Injuries

The knee joint is one of the most vulnerable areas in basketball, due to the high loads it bears and the complexity of movements involved. Knee injuries can manifest in various forms.

#### 1.1.1 Anterior Cruciate Ligament (ACL) Tear

ACL tears are among the most common knee injuries in basketball, typically occurring during sudden stops, turns, or landings after jumps. An ACL tear can result in knee instability, accompanied by severe pain and swelling. In serious cases, surgical repair may be required.

#### 1.1.2 Meniscus Injury

The meniscus plays a crucial role in cushioning and stabilizing the knee joint, with tears being a common type of injury. Meniscus injuries often occur during twisting movements or excessive knee flexion, resulting in joint pain, swelling, and restricted movement. Depending on the severity of the injury, treatment may involve conservative management or surgical intervention.

### ***1.1.3 Patellar Tendinopathy (Jumper's Knee)***

Patellar tendinopathy is an inflammatory condition caused by overuse, particularly during frequent jumping and landing actions. Symptoms include pain and tenderness below the kneecap, which tend to worsen with increased exercise intensity.

### ***1.1.4 Patellofemoral Pain Syndrome***

Also known as "runner's knee," this syndrome is common among athletes who frequently use their knees in basketball. It results from excessive friction between the patella and femur, leading to cartilage damage. Symptoms typically include anterior knee pain, which intensifies during stair climbing or squatting movements.

## ***1.2 Analysis of Acute and Chronic Knee Injury Causes***

Knee injury causes can be categorized into acute and chronic injuries, each with distinct mechanisms and conditions for occurrence.

### ***1.2.1 Acute Knee Injuries***

Acute knee injuries usually occur during sports activities, particularly during sudden and intense movements in basketball games or training sessions. These injuries are primarily caused by direct trauma or excessive non-contact actions. For instance, an acute ACL tear is common during sudden stops, rapid changes of direction, or landings after jumps. These movements often subject the knee joint to excessive rotational or shear forces, leading to ligament tears. The ACL is vital for knee stability, and its injury typically presents with severe pain, swelling, and significant functional limitation.

Additionally, acute injuries can occur from direct impacts. For example, collisions with opponents during a game or direct knee contact with the ground can result in meniscus tears or patellar dislocation. Meniscus injuries typically arise under conditions of intense rotation or compression, presenting with joint pain, swelling, and restricted range of motion. Patellar dislocation may occur due to external impacts or instability in the joint mechanism, commonly seen after vigorous activities.

### ***1.2.2 Chronic Knee Injuries***

Chronic knee injuries generally develop from prolonged, repetitive stress or improper movement patterns. These injuries are closely linked to athletes' long-term training loads, improper techniques, and excessive use of the joints. Patellar tendinopathy and patellofemoral pain syndrome are typical overuse syndromes, often resulting from frequent jumping, running, and improper movement techniques.

Patellar tendinopathy refers to inflammation in the patellar tendon due to repeated compression or stretching, commonly manifesting as pain and tenderness in the front of the knee. Chronic patellar tendinopathy often develops when athletes do not allow adequate recovery time during high-intensity training or exhibit poor movement patterns that place excessive loads on muscles and ligaments. Patellofemoral pain syndrome arises from improper contact between the patella and femoral joint surfaces, primarily caused by long-term misuse of the knee joint or muscle imbalances.

These chronic injuries often present mild symptoms initially, but if training loads are not adjusted or effective treatments are not undertaken, they can lead to progressively worsening pain, functional impairments, and joint degeneration. Rehabilitation for chronic knee injuries typically requires prolonged rest and systematic treatment, including physical therapy, strength training, and posture correction, among other comprehensive approaches.

In summary, while acute and chronic knee injuries have different causes and mechanisms, both require professional assessment and targeted treatment measures. Understanding the origins of these injuries aids in formulating more effective prevention and rehabilitation strategies, thereby enhancing athletes' health and performance.

## ***1.3 Internal and External Risk Factors for Knee Injuries***

### ***1.3.1 Internal Factors***

The stability of the knee joint is significantly influenced by individual anatomical structures. The Q angle of the femur, which is the angle between the femur and patella, can lead to knee instability if it is excessively large, increasing the risk of patellar dislocation and patellofemoral pain syndrome. This is

particularly true for female athletes, who often have a wider pelvis and consequently a larger Q angle, placing them at a higher risk for knee injuries. Furthermore, muscle strength imbalances around the knee are a major contributing factor; especially when there is a significant disparity between the quadriceps and hamstring strength, the knee may lack adequate support and stability during high-intensity activities, increasing injury susceptibility.

In addition to muscle strength, insufficient flexibility and coordination are critical contributors to knee injuries. Limited range of motion or inadequate flexibility can place excessive stress on the joint during physical activity, raising the likelihood of injury. Moreover, a lack of proprioception training and poor coordination can hinder posture control during movements, further elevating the risk of injury. Therefore, maintaining good joint flexibility, balanced muscle strength, and coordination is essential for preventing knee injuries.<sup>[1]</sup>

### ***1.3.2 External Factors***

External factors influencing knee injuries are closely related to playing conditions, sports equipment, and training regimens. The hardness and friction coefficient of the basketball court directly impact the load experienced by the knee. An excessively hard surface can amplify the impact forces during jumping and running, leading to conditions such as patellar tendinopathy and other joint inflammations. Additionally, the choice of sports equipment is critical; improper footwear that fails to provide adequate cushioning and support can exacerbate pressure on the knee joint, increasing injury risk. The absence of protective gear, such as knee braces, or their improper use may also render the knee more vulnerable during intense activities.

Moreover, overtraining and insufficient recovery are primary triggers for chronic knee injuries. Long-term exposure to high-intensity training loads, particularly without adequate recovery time, can lead to overuse of the knee joint. The cumulative fatigue not only diminishes athletic performance but also predisposes the joint to chronic injuries. Therefore, maintaining a balanced approach to training intensity and recovery periods is crucial for preventing knee injuries.

This multidimensional analysis of knee injury causes provides a theoretical foundation for the development of prevention and rehabilitation strategies, helping to deepen the understanding of how to mitigate knee injury risks through improved athletic techniques, enhanced physical conditioning, and optimized external conditions.

## **2. Prevention Strategies for Knee Injuries in Basketball**

Knee injuries are common in basketball, but their incidence can be significantly reduced through scientific prevention measures. The following are key strategies for preventing knee injuries in basketball.<sup>[2]</sup>

### ***2.1 Scientific Warm-Up and Stretching Methods***

A scientific warm-up and stretching routine is crucial for preventing knee injuries. The warm-up should focus on dynamic movements to gradually raise body temperature and increase joint mobility. Dynamic warm-up exercises, such as jogging, jumping in place, and squat jumps, effectively activate muscles and joints throughout the body, preparing them for the high-intensity activity to follow. By enhancing blood circulation and muscle temperature, dynamic warm-ups reduce stiffness and improve athletic performance.

Dynamic stretching is particularly important as it helps enhance the elasticity and strength of the muscle groups around the knee, thereby lowering the risk of injury during intense activities. Targeted dynamic stretches for the primary muscle groups around the knee, such as the quadriceps, hamstrings, and calf muscles, can effectively reduce the risk of ligament strains and muscle tightness. For instance, dynamic quadriceps stretching can be performed through leg kicks, while dynamic hamstring stretching can be achieved by bending the knee forward. These stretching exercises not only improve joint range of motion but also enhance stability and flexibility during movement.

During the warm-up, it is essential to pay attention to the progression of movements. The warm-up should start with low-intensity exercises, gradually transitioning to higher intensity, allowing adequate time for joints and muscles to adapt to increasing activity levels. This gradual warm-up approach can effectively lower injury risks and ensure athletes are in optimal condition for competition or training.

## ***2.2 Optimization of Movement Techniques and Skill Enhancement***

Poor movement techniques are a primary cause of knee injuries, particularly in basketball, where high-intensity actions such as jumping, stopping abruptly, and pivoting place significant loads on the knee. Therefore, optimizing movement techniques and enhancing athletic skills are key strategies for preventing knee injuries.

The core of optimizing movement techniques lies in teaching athletes correct jumping and landing techniques. During landing, athletes should avoid excessive knee flexion or inward collapse to effectively reduce the load and rotational stress on the knee, thereby minimizing the risk of injury. For example, coaches should instruct athletes to land on the balls of their feet rather than their heels and to ensure that the knees align with the toes, helping to reduce lateral pressure and impact forces on the knee.<sup>[3]</sup>

Stopping and pivoting actions also require proper center of gravity control to minimize rotational stress on the joints. Athletes should maintain good body balance during these movements, avoiding excessive tilting or sudden turns, which helps alleviate stress on the knee. Coaches should design specialized training programs to help athletes reinforce correct technique through repetitive practice, improving skill levels. This not only helps reduce unnecessary pressure on the knees but also enhances athletic performance during competitions.

## ***2.3 Targeted Training for Muscle Strength and Flexibility***

The stability of the knee joint largely depends on the strength and flexibility of the surrounding muscles. Therefore, targeted training of muscle strength and flexibility is an important strategy for preventing knee injuries. Strength training for knee-related muscle groups, such as the quadriceps, hamstrings, and gluteal muscles, can provide better support for the joint, especially during high-intensity activities, where strong muscles can effectively reduce the load on the joints. It is recommended to combine resistance training with low-impact strength training, including exercises like squats, lunges, and leg extensions.

Additionally, flexibility training should incorporate both static and dynamic stretching to increase joint mobility and muscle elasticity. The focus of flexibility training is to enhance the flexibility of the knee joint, reduce muscle tightness during movement, and improve the joint's responsiveness, thereby lowering the risk of injury.<sup>[4]</sup>

## ***2.4 Protective Measures and Equipment Optimization***

Proper protective measures and optimized equipment are vital for knee protection. First, athletes should wear basketball shoes that fit their body type and playing style, ensuring good support and cushioning to help reduce the impact forces on the knee during jumping and running. Second, wearing knee braces and other protective gear can provide additional stability and support for the knee joint, particularly for athletes with a history of injury, as braces can help prevent re-injury. Furthermore, the selection of protective equipment should be tailored to individual needs and the sporting environment, ensuring a balance between comfort and functionality.

By implementing these prevention strategies, athletes can significantly reduce the risk of knee injuries, ensuring better health and performance in basketball.

# **3. Rehabilitation Training Strategies for Knee Injuries**

## ***3.1 Recovery Strategies and Functional Protection in the Acute Phase***

In the early stages of a knee injury, the core goal of rehabilitation strategies is to reduce inflammation, control swelling, and protect joint function. The recommended approach during this phase includes rest, ice application, compression, and elevation (the RICE principle), which effectively alleviates inflammation and pain following acute injuries. Specifically, ice application helps constrict blood vessels, lowering local temperature to slow inflammation and relieve pain; compression aids in reducing swelling; and elevating the injured area promotes venous return, further decreasing swelling.

To prevent exacerbating the injury, it is advisable to use knee braces or supports to protect the joint. The use of a brace not only limits the range of motion but also helps prevent secondary injuries caused

by excessive movement. Rehabilitation during this phase should focus on avoiding excessive pressure on the knee joint, gradually restoring daily activity levels. Additionally, physical therapy methods such as ultrasound therapy and electrical stimulation can assist in alleviating pain, promoting blood circulation, and accelerating tissue repair.

### ***3.2 Strength and Functional Training in the Intermediate Phase***

Once the acute phase is effectively controlled, rehabilitation enters the intermediate stage, focusing on strength training for the muscles surrounding the knee and functional recovery. The goal during this phase is to enhance the supporting capability of the knee joint through systematic strength training, progressively restoring functional activities. Key exercises include strengthening the quadriceps, hamstrings, and gluteal muscles. For example, straight leg raises, resistance band exercises, and squats can effectively build strength in these critical muscle groups.<sup>[5]</sup>

Moreover, training for joint mobility is equally important. Dynamic stretching and light joint mobilization exercises can significantly improve knee flexibility and stability. Functional training should closely simulate daily movements or fundamental actions in basketball to ensure that the training content aligns with actual athletic demands. However, training intensity should be gradually increased during this phase to avoid setbacks due to overloading.

### ***3.3 Specialized Skill Retraining in the Late Phase***

The core of late-phase rehabilitation focuses on reintroducing specialized training within basketball to help athletes gradually regain their athletic abilities and adapt to high-intensity environments. This phase should include progressively increasing the intensity and complexity of specialized skill training, such as jumping, stopping abruptly, and pivoting. These exercises not only assist in restoring competition-specific skills but also enhance athletic performance.

During specialized training, athletes must pay particular attention to the correctness of technical movements to avoid reinjury due to improper techniques. Incorporating agility and proprioceptive training, such as cone drills and balance board exercises, helps improve knee stability and coordination. Training in this phase must be conducted under the guidance of professional rehabilitation personnel to ensure that athletes safely and effectively regain peak condition and successfully return to competition.

### ***3.4 Long-Term Training Plans to Prevent Recurrence***

To effectively prevent the recurrence of knee injuries, athletes should establish and adhere to a long-term preventive training plan. This plan should include strength training, flexibility training, and proprioceptive training to comprehensively improve knee stability and resilience. Specifically, ongoing strength training for the quadriceps and hamstrings provides essential support for the knee joint, preventing instability caused by muscle weakness. Additionally, flexibility training helps maintain good joint mobility, reducing stiffness and discomfort.<sup>[6]</sup>

Furthermore, proprioceptive training, such as balance board exercises and single-leg stands, enhances athletes' awareness of joint positioning, further reducing the risk of future injuries. Athletes should regularly assess the condition of their knees and adjust training intensity and content based on evaluation results, ensuring that the knee joint remains healthy amid prolonged high-intensity activity. By scientifically formulating and implementing a long-term training plan, athletes can effectively prevent the recurrence of knee injuries and maintain high athletic performance in future competitions.

## **Conclusion**

Given the diversity and complexity of knee injuries in basketball, the preventive and rehabilitation training strategies proposed in this paper are both practical and scientific. Through an in-depth analysis of injury types and causes, we can effectively implement targeted preventive measures, such as optimizing technical movements, strengthening muscle power and flexibility training, and utilizing appropriate protective equipment. During the rehabilitation phase, a systematic training strategy can assist athletes in progressing from initial recovery to specialized training while preventing recurrence. Future research should focus on developing more refined individualized rehabilitation programs and innovative protective technologies to further enhance the prevention and treatment of knee injuries. Exploring the effectiveness of new technologies and methods in practical applications will contribute to

improving the overall health and athletic performance of basketball players.

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