



# Fixing The Knee Pain

## Program Description

Troubled knees?

Your knees health equals your independence simply because you depend on them all day every day. We all know that in order to maximize our training results training at high intensity is a must, but we also know that high intensity also escalates the risk of injuries, especially the KNEES! This is a science-based course to fixing your troubled knees.

## Program Objectives

In this course you will get a wealth of information regarding the following:

1. Structure and function of the knees.
2. The most common knees injuries (patellar tendinitis, ligaments sprains, torn meniscus, bursitis, osteoarthritis and more).
3. Causes of knees injuries.
4. Assessing the knees for ROM and flexibility.
5. Screening the knees for injuries.
6. Design prehab programs
7. Design rehab programs.