

VMO, Knee Rehabilitation



- Hold on one leg for 10-15sec.
- 3reps each side, 1x/day.

- 5-10 reps
- Controlled lowering to seat.
- To make it easier raise the Seat
- To make it harder lower seat.
- 1x/day



VMO strengthening and awareness exercise:



Tie elastic theraband to back leg of chair or as far back as you can from where your leg will be hanging perpendicular to the ground. Loop the elastic over your foot so your big toe is pointing outwards (away from body). Then attempt to straighten knee in a smooth continuous motion with foot kept turned out aiming to try and contract the muscle above the inside of your knee cap. Do this till mild fatigue or:

Reps: 5-10

Sets: x2

1 x Day