
Vastus Medialis Oblique (VMO)

Level One - Seated

Sitting in a seat. Quickly contract the quadriceps as fast as you can and then relax. Avoid pushing your glutes up off the seat (squeezing through the glutes, hamstrings).

Level Two – Step Down

Place a box/step (height 6-10 inches) on the floor, stand on top of the box. Step one foot down onto the floor, this foot should be placed heel down toes up. The opposite heel should rise up, but the toes remain in contact with the step. Lower the heel back down onto the step and push back off this leg (leg with foot in contact with the step) and bring the other foot back onto the step. Make sure the knees track over the toes.

