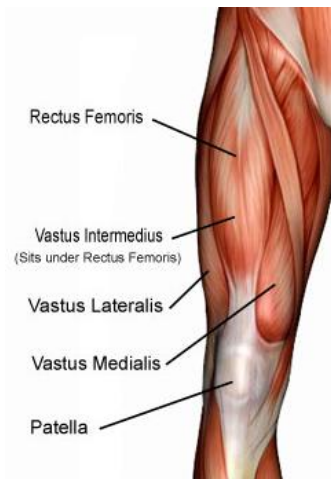


INNER QUAD (VMO) STRENGTHENING



Triplanar one-legged squats

Single-leg squats (front): Stand on one leg (the bad one), with your other knee bent and held out in front of you. Bend the leg you're standing on to do a *partial squat*, and come back up. As you bend keep kneecap aligned over 2nd toe. Do 10 reps, then switch positions.



Single-leg squats (side): Perform same motion as above, only with your good leg held out to the side. Do 10 reps.

Single-leg squats (back): Perform the same motion as above, only with your good leg held out behind you, knee bent. Do 10 reps.

Squeezes

Ball squeezes: Sit on a tall desk or countertop with your knees bent at 90 degree angles. Place a soft ball, cushion or a rolled up sweatshirt between your knees. Squeeze and hold the object for about 5 seconds, then release. Do 10 reps x 3.



Sitting in the same position, with the object held between your knees, turn your feet slightly outward and slowly straighten your knees until your legs are parallel with the floor. Hold for a few seconds, really squeezing the quadriceps. Slowly lower your feet back to the starting position. Do 10 reps x 3.

Quad setting

Sit on the floor, with your legs out in front of you. Place a rolled up towel or sweatshirt under your knee. Contract the quad muscles, particularly the ones right above your kneecap, and lift your heel off the ground a couple inches. Do 10 reps x 3.