

Notes:

1. Isometric Vastus medialis



- Sitting with rolled towel under knee.
- Turn your foot outwards slightly then straighten your knee.
- Feel on the inside of your knee for the activation of the inner quad (VMO)
- Ensure that the inner quad (VMO) activates before the outer quad

Sets: 3 Repetition: 10 Frequency: 2 x / day Hold: 5 - 10 sec.

2. Strengthening Quadriceps



- position knee over a rolled towel bending to about 30 degrees.
- Push your knee onto the roll and straighten knee fully by lifting the foot as high as possible.
- Focus on tightening / squeezing the inner quad (VMO)
- Slowly lower the leg to starting position and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

3. Strengthening ASLR



- Lie on your back with one knee bent and the affected leg completely straight.
- Lift your leg off the bed to 45 degrees keeping it straight.
- Focus on squeezing the inner quad (VMO)
- Lower the leg slowly to starting position and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

4. Isometric Vastus medialis



- Sitting at edge of a bed with ankle crossed and a rolled towel between the thighs).
- Squeeze your legs together and activate the inside of your thighs without contracting the outside of your thighs.
- Try to extend your leg by pushing your bottom foot against the top foot as much as you can without moving.
- Relax and repeat the exercise straightening your leg a bit more each time.

Sets: 3 Repetition: 10 Frequency: 2 x / day Hold: 5 - 10 sec.

5. VMO strengthening



- Sit on a chair and place a small ball or a rolled towel between your knees. You want to have your leg at hip width. Extend your legs while squeezing the ball then repeat

Sets: 3 Repetition: 10 Frequency: 2 x / day

Notes:

6. Isometric wall squat

- Have your back supported on a wall and feet slightly in front of you.
- Place a small ball between the legs and squeeze lightly as you lower yourself to bend the knees and hips at 90° just as you were sitting in a chair.
- Push through the heels to hold yourself in the position for the required time.

7. Biofeedback VMO

- Stand with the injured leg forward.
- Place one hand over the inside of the knee, just above the knee cap and the other hand over the outside thigh.
- Transfer your weight forward by tightening the muscle under the inside hand and relaxing the outside muscle.
- Return and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

8. Strengthening Vastus medialis

- Stand with your feet apart and facing outwards.
- Slowly drop down into a squat with open legs keeping your knee cap aligned with 2nd toe.
- Slowly return to standing position by pushing through heels to activate your buttock.
- Special Instructions:
- Maintain proper low back posture (slightly arched) and stability of the knees (avoid any lateral movements).

Sets: 3 Repetition: 10 Frequency: 2 x / day