

Roz Thomas
PHYSIOTHERAPY
achieve your personal best

Vastus Medialis Oblique (VMO) Exercises

The exercises below get progressively harder. Remember you should not experience pain whilst doing your exercises, but might feel the muscle working, and may feel an ache the following day. This is normal, but if there is pain either during or after the exercises, please contact Roz Thomas.



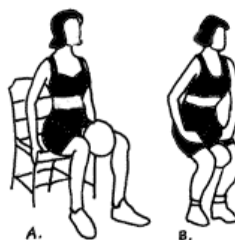
1. Squeeze quads into a roll/towel. Hold



2. In sitting lift foot up. Hold



3. Squeeze ball, and lift hips off bed. Keep feet same width apart as ball



4. Squeeze ball between knees, keeping knees over toes. Sit to stand repeatedly



5. Using correct strength theraband, attached safely to something. Straighten your knee and hold, repeat.



6. Squeeze ball between knees. Keep knees over toes. Slide down the wall, the lower the harder it is. Hold then repeat.



7. Feet turned out slightly. Squat down and back up repeatedly. The lower and slower you go the harder



8. Stand on the step with the affected leg, and step off with the unaffected leg slowly, reaching the heel to the ground. Repeat.