

# VMO (Inner Quad) Contraction

- Sit with one leg out in front of you on the bed or on a chair in front of you. The other leg should be off the side of the bed or chair.
- Look at your kneecap like a clock, the point closer to your feet is 12:00, closer to your waist is 6:00, the right side is 3:00 and the left side is 9:00 (see below).
- You want to try and contract your quad by pulling your kneecap to 7:00 on the right and 5:00 on the left. Your goal is to pull the kneecap back and slightly in toward the inside of the thigh.
- When you try this initially you will see the kneecap will go straight toward you and not slightly in. Keep working at it. Don't forget it is only supposed to deviate in slightly; it will always mostly be moving straight toward you.

