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Muncie VMO Exercises:

Muncie straight leg raise, 2 sets of 10 reps, twice daily, holding 5 seconds each rep

Muncie Method – The uninjured knee is bent up with the heel of the foot at 2 inches distal to the joint line of the injured knee (beginners), at the joint line of the injured knee (intermediates), or at 2 inches proximal to the joint line of the injured knee (advanced).

Patient sits forward and hugs the bent knee. Patient externally rotates affected leg and maintains the big toe at **10 o'clock** position (left leg) or **2 o'clock** position (right leg). The foot on the injured leg should be dorsiflexed as much as possible and the quadriceps of the straight leg contracted until the heel lifts off the ground. The patient lifts the entire straight leg 2.5 cm off the ground, holds the leg off the table for 5 seconds, and lowers the straight leg slowly.

VMO EXERCISE



1) LEAN FORWARD

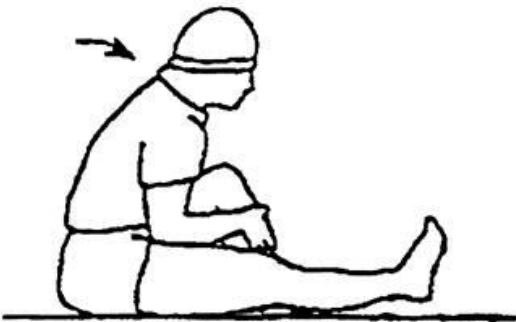
2) ROTATE LEG OUT

3) LOCK - (tighten thigh muscle)

4) PAUSE 1 SECOND

5) LIFT 1"

6) HOLD FOR 5 SECS.



20 GOOD ONES PER DAY



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