

Noelle Monow, Hannah Weight, Sarah DiPasquale PT, DPT, Stephen J Ives PhD

vastus medialis oblique (VMO) may be an important indicator of abnormal neuromuscular

parallel plié (1.185±0.509) p=0.009). No relationships were seen between VMO:VL ratio, injury history,

and pedobarography. () y using jumps in parallel, which may cause

Proprioceptive and neuromuscular training of the VMO might be warranted for collegiate dancers