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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 (p=0.107). The most common injury was patellofemoral pain syndrome (PFPS) during jumps in parallel, which may ca

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