[21:15, 3/7/2020] V K VIEKASH: quadriceps are on the top and hamstrings are in the bottom

quadriceps and hamstrings strength are affected due to OA

check https://youtu.be/jubPNt0seOM @11:00

[21:22, 3/7/2020] V K VIEKASH: hamstring stretch and quadricep contraction

[21:26, 3/7/2020] V K VIEKASH: quadricep contraction happens on stretching the leg

[21:28, 3/7/2020] V K VIEKASH: This will activate the quads

[21:31, 3/7/2020] V K VIEKASH: muscle anatomy

[21:37, 3/7/2020] V K VIEKASH: anterior is front and posterior is back

[14:13, 3/8/2020] V K VIEKASH: https://youtu.be/VdXAOWmbRuw

[14:16, 3/8/2020] V K VIEKASH: https://youtu.be/IgrqYlbgCC4

[14:17, 3/8/2020] V K VIEKASH: https://youtu.be/OMGXI5B9NMc

[14:22, 3/8/2020] V K VIEKASH: extenders of the knee joints are quads

[14:29, 3/8/2020] V K VIEKASH: extension and flexion are opposite of each other

[14:29, 3/8/2020] V K VIEKASH: flexion is bending

[14:30, 3/8/2020] V K VIEKASH: flexion is done by hamstrings

[14:33, 3/8/2020] V K VIEKASH: sartorious will also be in flexion

[14:34, 3/8/2020] V K VIEKASH: gracilus will also have some contributuion to knee flexion

[15:31, 3/8/2020] V K VIEKASH: The reference electrode should be placed on an inactive section of the body, such as the bony portion

[15:31, 3/8/2020] V K VIEKASH: keep the reference on the knee itself

[15:31, 3/8/2020] V K VIEKASH: position the 3 electrodes like this:

one in the exact middle of muscle

other along the length of the muscle

other in the bone