ERRATUM

Use of Motor Imagery Enhances Vastus Medialis Obliquus Muscle Recruitment Amplitudes During Closed Kinetic Chain Squat Exercises

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The authors regret that there was an error in the labeling of concentric vs. eccentric phases of movement in the first two sentences in Section B of the Results (p. 195) shown below. The authors apologize for any inconvenience this may have caused.

There was a significant phase X exercise interaction (F[1,14] = 2.59, P = 0.04) (Fig. 3). Mean eccentric phase EMG was significantly higher for squats (16.7 ± 4.6 %MVC) than for plis (11.8 ± 3.0 %MVC) (P = 0.0002). Mean concentric phase EMG showed the same trend (squats: 16.9 ± 4.2 %MVC, plies: 14.0 ± 4.6 %MVC; P = 0.006).

Fig. 3 (p. 196) has also been corrected:

FIG. 3: VMO phase by exercise interaction. Both concentric and eccentric phases of EMG activity were significantly higher in the squats than in the plis. The difference between mean concentric and eccentric phase EMG was significant for plis, but not for squats.