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© Correlation of eccentric quadriceps torque with knee pain, physical function and extension lag in Indian women with grade ≤ II knee osteoarthritis

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 $\bullet {\sf Participants} recruited after satisfying selection criteria and informed consent obtained \\$

• History, physical examination, and x-rays of knee were obtained

• Participants filled reduced WOMAC questionnaire

 Participants performed a warm up on a stationary bicycle for five minutes at self-selected workload and speed, and performed selfstretching exercises for the lower limbs muscles

 After receiving the test instructions, extension lag ROM was measured then participants performed one bout of three submaximal eccentric isokinetic contractions of quadriceps with a ROM from 20° to 90° to familiarize themselves with the procedure

 Then the participants performed one bout of three maximal eccentric isokinetic contractions with a ROM from 20° to 90°. Rest between each contraction was thirty seconds

•The average of the PT of 3 contractions was obtained.

Data collected and analysed

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