 

Figure 1. Application KT for quadriceps femoris with supporting proprioception

Table 1. Results of knee flexion and extension measurements, femoral measurements, and knee measurement (differences between current and previous measurements: \* p<0.05, \*\* p<0.01, \*\*\* p<0.001)

|  |  |  |
| --- | --- | --- |
|  | damaged limb | healthy limb |
| measurements | measurements |
| 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| knee flexion [°] | all | 105 | 111.7\*\*\* | 118.3\*\*\* | 124.1\*\*\* | 129.8 | 129.8 | 129.8 | 129.6 |
| Group 1 | 104.5 | 112.1\*\*\* | 121.8\*\*\* | 127.7\*\*\* | 132.7 | 132.7 | 132.7 | 132.3 |
| Group 2 | 105.4 | 111.3\*\*\* | 115\*\* | 120.8\*\*\* | 127.1 | 127.1 | 127.1 | 127.1 |
| knee extension [°] | all | 6.73 | 3.04\*\*\* | 0.43\*\*\* | 0.21 | 0.21 | 0.21 | 0 | 0 |
| Group 1 | 6.36 | 2.27\*\* | 0.45\*\* | 0 | 0 | 0 | 0 | 0 |
| Group 2 | 7.08 | 3.75\*\*\* | 0.41\*\*\* | 0.41 | 0.41 | 0.41 | 0 | 0 |
| femoral measurement 1 [cm] | all | 58.57 | 58.65 | 58.93\*\*\* | 59.22\*\* | 59.8 | 59.87 | 59.91 | 59.91 |
| Group 1 | 59.77 | 59.91 | 60.18\*\* | 60.55\* | 61.05 | 61.09 | 61.14 | 61.09 |
| Group 2 | 57.46 | 57.5 | 57.79\* | 58 | 58.67 | 58.75 | 58.79 | 58.83 |
| femoral measurement 2 [cm] | all | 46.19 | 46.54\*\*\* | 46.85\*\* | 47.11\*\* | 47.43 | 47.5 | 47.57 | 47.63 |
| Group 1 | 47.26 | 47.77\*\*\* | 48\* | 48.36\*\* | 48.5 | 48.59 | 48.59 | 48.64 |
| Group 2 | 45.21 | 45.42\*\* | 45.79\* | 45.96\* | 46.46 | 46.5 | 46.63 | 46.71 |
| knee measurement [cm] | all | 40.7 | 40.39\*\*\* | 40.22\*\* | 39.8\*\* | 39.26 | 39.26 | 39.26 | 39.3 |
| Group 1 | 41.27 | 40.91\*\*\* | 40.68\*\* | 40.14\*\* | 39.82 | 39.82 | 39.82 | 39.82 |
| Group 2 | 40.17 | 39.92\*\* | 39.79 | 39.5\* | 38.75 | 38.75 | 38.75 | 38.83 |

Table 2. Results of pain level measured by Laitinen Scale (differences between groups: \* p<0.05)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 1. day | 28. day | difference [p] |
| Group 1 | intensity of pain | 1.755 | 0.727 | p<0.01 |
| frequency of pain | 1.636 | 0.636 | p<0.01 |
| use of analgesics | 1.364 | 0.091 | p<0.001 |
| decreased activity | 1.727 | 0.273 | p<0.001 |
| Group 2 | intensity of pain | 2.250\* | 1.000 | p<0.001 |
| frequency of pain | 2.167 | 1.167\* | p<0.01 |
| use of analgesics | 1.750 | 0.667\* | p<0.001 |
| decreased activity | 1.833 | 0.833 | p<0.01 |

Figure 2. Assessment of physiotherapeutic treatments