

Preoperative Pain Neuroscience Education Combined With Knee Joint Mobilization for Knee Osteoarthritis

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Table 1. Baseline characteristics of the patient groups. Values are presented as Mean \pm SD.

Baseline demographic characteristics of OA patients	Biomedical education with knee joint mobilization	Pain neuroscience education with knee joint mobilization	P-value*
Age (years)	72.8 \pm 5.6	67.7 \pm 7.8	.125
Gender (% female)	68	59	.176
Height (cm)	160.9 \pm 7.4	163.5 \pm 7.6	.116
Weight (kg)	80.0 \pm 10.3	79.1 \pm 14.9	.080
Duration of Pain (years)	7.2 \pm 5.2	8.3 \pm 6.1	.102
Numeric Rating Pain Scale (0-10)	5.4 \pm 1.6	6.2 \pm 1.5	.086
Kellgren–Lawrence grade (tibiofemoral joint) n (%)			
0	0 (0)	0 (0)	.117
1	0 (0)	0 (0)	
2	6 (27.3)	6 (27.3)	
3	11 (50)	10 (45.4)	
4	5 (22.7)	6 (27.3)	
Ahlbäck grade (patellofemoral joint) n (%)			
1	2 (9.1)	3 (13.6)	.231
2	6 (27.3)	7 (31.8)	
3	13 (59.1)	12 (54.6)	
4	1 (4.5)	0 (0)	
5	0 (0)	0 (0)	

*: P values refer to potential differences between both intervention groups.