

## Accepted Manuscript

Title: Side does not matter in healthy young and older individuals - Examining the importance of how we match limbs during gait studies

Authors: Erik Kowalski, Danilo S. Catelli, Mario Lamontagne



PII: S0966-6362(18)30478-8  
DOI: <https://doi.org/10.1016/j.gaitpost.2018.10.008>  
Reference: GAIPOS 6538

To appear in: *Gait & Posture*

Received date: 1-5-2018  
Revised date: 10-9-2018  
Accepted date: 8-10-2018

Please cite this article as: Kowalski E, Catelli DS, Lamontagne M, Side does not matter in healthy young and older individuals - Examining the importance of how we match limbs during gait studies, *Gait and amp; Posture* (2018), <https://doi.org/10.1016/j.gaitpost.2018.10.008>

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**Title**

Side does not matter in healthy young and older individuals - Examining the importance of how we match limbs during gait studies

**Authors & Affiliations**

Erik Kowalski <sup>a</sup>, Danilo S. Catelli <sup>a</sup>, Mario Lamontagne <sup>a,b</sup>

<sup>a</sup> *School of Human Kinetics, University of Ottawa, Ottawa, ON, Canada*

<sup>b</sup> *Department of Orthopedic Surgery, The Ottawa Hospital, Ottawa, ON, Canada*

**\*Corresponding Author**

Mario Lamontagne

mlamon@uottawa.ca , 200 Lees Avenue, Room E020, Ottawa, ON, Canada, K1N 6N5, 1-613-562-5800 ext 4137

**Word Count**

2046

**Highlights**

- All limb matching methods provided similar statistical outcomes in healthy gait
- Only peak ankle dorsiflexion moment had a significant limb-matching method effect
- Age related gait differences exist, primarily at the ankle joint

**Abstract**

**Background:** Various methods exist when comparing gait data between groups and include the analysis of a single limb, or taking an average of both limbs. Evidence exists suggesting that both limbs are not symmetrical, so statistical differences may exist in biomechanical variables when comparing gait with different limb-matching methods.

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