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Authors: Michael Sotelo, Patric Eichelberger, Martina Furrer, Heiner Baur, Stefan Schmid



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Walking with an induced unilateral knee extension restriction affects lower but not upper body biomechanics in healthy adults

Michael SOTELO¹, Patric EICHELBERGER¹, Martina FURRER¹,
Heiner BAUR¹, Stefan SCHMID^{1,*}

¹Bern University of Applied Sciences, Department of Health Professions, Bern, Switzerland

Corresponding author:

*Dr. Stefan Schmid, Bern University of Applied Sciences, Department of Health Professions,
Murtenstrasse 10, 3008 Bern, Switzerland, +41 79 936 74 79, stefanschmid79@gmail.com

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RESEARCH HIGHLIGHTS

- Comprehensive biomechanical investigation of knee flexion contractures (KFC)
- Unilateral KFC causes bilateral secondary deviations in lower extremities
- Pelvis and upper body biomechanics were not affected by unilateral KFC

ABSTRACT

Background: Unilateral knee flexion contractures (KFC) are frequently seen in orthopedic rehabilitation and often interfere with the normal gait pattern, resulting in passive and/or active secondary deviations. In order to prevent KFC-related complications such as patellofemoral

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