

Table 1: Demographic data

Demographics		Mean $\pm$ SD	Median
Age (years)		23.28 $\pm$ 3.36	23
Time Since Injury (months)		1.56 $\pm$ 0.5	2
Rehabilitation Program Duration (weeks)		27.6 $\pm$ 2.68	27
Demographics		Frequency	%
Gender	Male	50	100%
	Female	0	0%
Marital Status	Single	43	86%
	Married	7	14%
Injured Limb	Right	29	58%
	Left	21	42%

Table 2: Anthropometrics

Anthropometrics	Mean $\pm$ SD	Median
Limb length (cm)	110.4 $\pm$ 1.81	110
Height (m)	1.73 $\pm$ 0.04	1.73
Weight (kg)	70.06 $\pm$ 3.17	70
BMI	23.45 $\pm$ 1.2	23.35

Table 3: Comparison of Knee Extension deficit preoperative, 1, 2, 4 and 6 months postoperative:

Knee Extension	Mean	SD	T Test	P Value
Knee extension (°) – preoperative	2.356	3.40	0.444	0.659
Knee extension (°), deficit – at 1 month postoperative	2.268	3.60		
Knee extension (°) – preoperative	2.356	3.40	11.5	< 0.001
Knee extension (°), deficit – at 2 month postoperative	2.215	8.70		
Knee extension (°) – preoperative	2.356	3.40	5.011	< 0.001
Knee extension (°), deficit – at 4 month postoperative	2.020	1.00		
Knee extension (°) – preoperative	2.356	3.40	7.624	< 0.001
Knee extension (°), deficit – at 6 month postoperative	0.5	1.52		

Table 4: Comparison of Knee Flexion deficit preoperative, 1, 2, 4 and 6 months postoperative:

Knee Flexion	Mean	SD	T Test	P Value
Knee Flexion (°) – preoperative	3.446	135.60	34.870	< 0.001
Knee Flexion deficit (°) - at 1 month postoperative	4.849	106.40		
Knee Flexion (°) – preoperative	3.446	135.60	25.535	< 0.001
Knee Flexion deficit (°) - at 2 month postoperative	3.747	116.80		
Knee Flexion (°) – preoperative	3.446	135.60	10.473	< 0.001
Knee Flexion deficit (°) - at 4 month postoperative	3.104	128.40		
Knee Flexion (°) – preoperative	3.446	135.60	0.7025	< 0.001
Knee Flexion deficit (°) - at 6 month postoperative	2.558	139.70		

Table 5: Comparison of Quadriceps Muscle Strength Testing preoperative, 1, 2, 4 and 6 months postoperative:

Quadriceps Strength Testing	Mean	SD	T Test	P Value
Dynamometer, injured limb (Kg) – preoperative	17.88	1.32	40.750	< 0.001
Dynamometer, injured leg (Kg) - at 1 month postoperative	8.90	0.89		
Dynamometer, injured limb (Kg) – preoperative	17.88	1.32	37.249	< 0.001
Dynamometer, injured leg (Kg) - at 2 month postoperative	10.74	0.9		
Dynamometer, injured limb (Kg) – preoperative	17.88	1.32	4.705	< 0.001
Dynamometer, injured leg (Kg) - at 4 month postoperative	16.96	0.93		
Dynamometer, injured limb (Kg) – preoperative	17.88	1.32	34.132	< 0.001
Dynamometer, injured leg (Kg) - at 6 month postoperative	24.94	0.79		

Table 6: Comparison of Flexibility Testing preoperative, 2, 4 and 6 months postoperative:

Flexibility Test	Mean	SD	T Test	P Value
Sit and reach flexibility test (cm) – preoperative	31.32	3.75	18.214	< 0.001
Sit and reach flexibility test (cm) - at 2 month postoperative	35.30	3.42		
Sit and reach flexibility test (cm) – preoperative	31.32	3.75	24.217	< 0.001
Sit and reach flexibility test (cm) - at 4 month postoperative	37.82	2.78		
Sit and reach flexibility test (cm) – preoperative	31.32	3.75	34.206	< 0.001
Sit and reach flexibility test (cm) - at 6 month postoperative	40.94	2.37		