

Article

An exploratory study into the effects of a 20 minute crushed ice application on knee joint position sense during a small knee bend.

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	Valgus Position	Varus Position	Valgus-Varus Range (ROM)	Knee flexion angle during SKB
Pre Cryotherapy Intervention	0.3° ±2.4	-5.5° ±5.7	5.8°	*49.1° ± 15.1
Post Cryotherapy Intervention	0.8° ±2.7*	-4.5° ±5.3	5.3°	*45.1° ± 13.7