

## Central Lancashire Online Knowledge (CLOK)

Title	An exploratory study into the effects of a 20 minute crushed ice application on knee joint position sense during a small knee bend.
Type	Article
URL	<a href="https://clock.uclan.ac.uk/id/eprint/12033/">https://clock.uclan.ac.uk/id/eprint/12033/</a>
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Creators	Alexander, Jill, Selfe, James, Oliver, Ben, Mee, Daniel, Carter, Alexandra, Scott, Michelle, Richards, Jim and May, Karen Alison

It is advisable to refer to the publisher's version if you intend to cite from the work.  
<https://doi.org/10.1016/j.ptsp.2015.06.004>

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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