

## 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/12033/">https://clock.uclan.ac.uk/12033/</a>
DOI	<a href="https://doi.org/10.1016/j.ptsp.2015.06.004">https://doi.org/10.1016/j.ptsp.2015.06.004</a>
Date	2016
Citation	Alexander, Jill, Selfe, James, Oliver, Ben, Mee, Daniel, Carter, Alexandra, Scott, Michelle, Richards, Jim and May, Karen Alison (2016) An exploratory study into the effects of a 20 minute crushed ice application on knee joint position sense during a small knee bend. <i>Physical Therapy in Sport</i> , 18. pp. 21-26. ISSN 1466-853X
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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	<b>Valgus Position</b>	<b>Varus Position</b>	<b>Valgus-Varus Range (ROM)</b>	<b>Knee flexion angle during SKB</b>
<b>Pre Cryotherapy Intervention</b>	0.3° ±2.4	-5.5° ±5.7	5.8°	*49.1° ± 15.1
<b>Post Cryotherapy Intervention</b>	0.8° ±2.7*	-4.5° ±5.3	5.3°	*45.1° ± 13.7