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Preoperative Pain Neuroscience Education Combined With Knee Joint Mobilization for Knee Osteoarthritis

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Table 1. Baseline characteristics of the patient groups. Values are presented as Mean ± SD.

Baseline demographic characteristics of OA patients	Biomedical education with knee joint mobilization	Pain neuroscience education with knee joint mobilization	P-value*
Age (years)	72.8 ± 5.6	67.7 ± 7.8	.125
Gender (% female)	68	59	.176
Height (cm)	160.9 ± 7.4	163.5 ± 7.6	.116
Weight (kg)	80.0 ± 10.3	79.1 ± 14.9	.080
Duration of Pain (years)	7.2 ± 5.2	8.3 ± 6.1	.102
Numeric Rating Pain Scale (0-10)	5.4 ± 1.6	6.2 ± 1.5	.086
Kellgren–Lawrence grade (tibiofemoral joint) n (%)			
0	0 (0)	0 (0)	.117
1	0 (0)	0 (0)	
2	6 (27.3)	6 (27.3)	
3	11 (50)	10 (45.4)	
4	5 (22.7)	6 (27.3)	
Ahlbäck grade (patellofemoral joint) n (%)			
1	2 (9.1)	3 (13.6)	.231
2	6 (27.3)	7 (31.8)	
3	13 (59.1)	12 (54.6)	
4	1 (4.5)	0 (0)	
5	0 (0)	0 (0)	

***:** P values refer to potential differences between both intervention groups.