Control Group
• No exercise program
• Activities of their normal daily lives

Experimental Group
• Exercise an open and closed kinetic chain
• Exercise with 75%RM
• 3 times per week

Eligibility confirmed
Informed consent obtained
(n = 26)

Randomization
(n = 13)

Week 0
Measured knee extensor muscle strength, functional performance (10m walk test, TUG), inflammatory mediators (IL-6, TNF-α)

Baseline

(n = 13)

Experimental Group
• Exercise an open and closed kinetic chain
• Exercise with 75%RM
• 3 times per week

Control Group
• No exercise program
• Activities of their normal daily lives

Week 10
Measured knee extensor muscle strength, functional performance (10m walk test, TUG), inflammatory mediators (IL-6, TNF-α)

(n = 13)  (n = 13)

Week 20
Measured knee extensor muscle strength, functional performance (10m walk test, TUG), inflammatory mediators (IL-6, TNF-α)

Follow-up