Inclusion visit and first evaluation

First day

- Clinical Checkup
- Gait (Gaitrite®)
- Static postural sway (Fusyo®)
- Pain (VAS)
- WOMAC
- Isokinetic concentric and eccentric peak torques (both legs)
- Walking speed (10 and 200 meters)

Weeks 1 to 6

Training period (only on affected leg)

- Eccentric isokinetic strengthening
- Concentric isokinetic strengthening

Group A

12 sessions (2/week)

n cycles of 5 repetitions of extending/bending; n: from 1 to 12

Progressive increase in the intensity of the training sessions:
1 cycle of 5 repetitions at the first session. Addition of a cycle each session, if this is tolerated, in order to achieve 12 cycles by the twelfth session.

Group B

At 6 weeks + at 6 months

Second and third evaluations

- Gait (Gaitrite®)
- Static postural sway (Fusyo®)
- Pain (VAS)
- WOMAC
- Isokinetic concentric and eccentric peak torques (both legs)
- Walking speed (10 and 200 meters)