

Table 1. Characteristics of study population at baseline (N=163)

Variable	Total cohort	No Quadriceps Weakness (N = 143.5)	Quadriceps Weakness (N = 19.5)	P-value*
Age (years), mean (SD)	57.7 (10.1)	56.8 (9.9)	64.1 (9.5)	0.003
Women (%)	88.1 (54.0)	72.6 (50.6)	15.5 (79.4)	0.017
BMI (kg/m ²), mean (SD)	26.1 (4.2)	26.1 (4.3)	25.5 (3.4)	0.543
WOMAC pain (0-100), mean (SD)	19.6 (16.8)	17.9 (15.2)	32.4 (21.5)	0.009
MRI cartilage score ≥ 2 (%)	123.6 (75.9)	106.6 (74.3)	17.0 (87.6)	0.196
Medial TF MRI cartilage score ≥ 2 (%)	88.4 (54.2)	75.7 (52.7)	12.7 (65.2)	0.299
Lateral TF MRI cartilage score ≥ 2 (%)	52.5 (32.2)	46.2 (32.2)	6.3 (32.4)	0.983
PF MRI cartilage score ≥ 2 (%)	92.6 (56.8)	77.2 (53.8)	15.3 (78.9)	0.036
KL grade 0 (%)	65.0 (39.9)	61.5 (42.8)	3.6 (18.4)	0.036
KL grade 1 (%)	33.8 (20.7)	27.2 (19.0)	6.5 (33.6)	
KL grade 2 (%)	34.5 (21.2)	31.2 (21.8)	3.3 (16.8)	
KL grade 3 (%)	16.3 (10.0)	14.7 (10.2)	1.6 (8.4)	
KL grade 4 (%)	13.4 (8.2)	9.0 (6.2)	4.4 (22.7)	
KL grade ≥ 2 (%)	64.2 (39.4)	54.9 (38.2)	9.3 (48.0)	0.409

SD = standard deviation, BMI = body mass index; WOMAC = Western Ontario and McMaster Universities Osteoarthritis Index; TF = Tibiofemoral; PF = Patellofemoral; KL = Kellgren Lawrence; MRI = magnetic resonance imaging.

Stratum-sampling weights were used, hence n = weighted counts which are non-integer (see Methods)

*From a chi-square test (categorical) or a two-sample t-test (continuous)