

**The effect of hamstring stretching on Knee Extension Angle, gait characteristics and fixed flexion deformity in the arthritic knee before and after total knee arthroplasty Need update on recruitment.**

Level II: RCT, Interventional

Knee osteoarthritis is a common, disabling and deforming condition that is effectively treated with total knee arthroplasty (TKA). TKA not only resurfaces the worn articular surfaces but also corrects the deformity and instability that characterizes knee osteoarthritis with a combination fixed varus and flexion deformity being the overwhelmingly most common deformity pattern.

Preoperative FFD is a risk factor for postoperative FFD despite documented correction at the time of surgery but the mechanism by which this occurs is unexplained. One possible explanation is persistent hamstring tightness causing persistent medial knee pain, exerting a constant flexor moment on the replaced knee and preventing the use of available extension arc during gait.

The aim of this research will be to understand the effects of hamstring stretching on pre and post-operative knee function, including pain, and deformity.