Table 1. The demographic data of the participants (mean±SD)

|  |  |
| --- | --- |
| Variables | Values |
| Age (y) | 23.92±0.99 |
| Weight (kg) | 78.48±2.52 |
| Height (m) | 1.73±0.01 |
| BMI (kg/m2) | 26.27±1.01 |
| Surgery time (y) | 2±0.17 |

Table 2. The mean values of time to stabilization and IKDC score before and after exercise (mean±SD)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Before (week 0)** | **After (week 6)** | **p-value** |
| Baseline TTS | 0.78±0.12 | 0.79±0.11 | 0.49 |
| Jumped-landing TTS | 1.44±0.59 | 1.57±0.48 | 0.17 |
| IKDC score | 82.71±15.21 | 90.80±8.44 | 0.05\* |

Table 3. The mean values of muscle peak torque at speed of 60 degree/second. (mean±SD)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables (Nm/kg)** | **Before (week 0)** | **After (week 6)** | **p-value** |
| Hip Abduction | 0.75±0.13 | 0.92±0.33 | 0.027\* |
| Hip Adduction | 0.72±0.22 | 0.82±0.19 | 0.102 |
| Knee extension | 1.42±0.43 | 1.76±0.56 | 0.006\* |
| Knee flexion | 1.03±0.35 | 1.22±0.34 | 0.025\* |

Table 4. The correlation between muscle peak torque and jumped-landing time to stabilization.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| N =13 | Jumped-landing TTS | Hip Abduction | Hip adduction | Knee extension | Knee flexion |
| Jumped-landing TTS | 1 |  |  |  |  |
| Hip Abduction | 0.254 | 1 |  |  |  |
| Hip adduction | 0.241 | 0.147 | 1 |  |  |
| Knee extension | 0.068 | 0.624\* | 0.171 | 1 |  |
| Knee flexion | 0.058 | 0.437 | 0.308 | 0.206 | 1 |

*\*Correlation is significant at p<0.05*