



Title

PARAMETERS AND COMPARISONS OF THE QUADRICEPS ANGLE OF COLLEGE-AGED MEN AND WOMEN IN THE SUPINE AND STANDING POSITIONS

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Purpose/Premise

This study was conducted to assess the mean Q-angle for college-age men and women and to compare the Q-angles measured in the supine and standing positions.

Material and Methods

A specially modified goniometer was used to measure the Q-angles of 526 college-age subjects (269 men and 257 women) in both the supine and standing positions.

Outcomes

The mean Q-angle for the supine position was 12.7° in men and 15.8° in women—a gender difference of 3.1°. The mean Q-angle for the standing position was 13.6° in men and 17.0° in women—a gender difference of 3.4°. The gender differences were statistically significant in both positions ($p < 0.001$). Also, women showed a larger increase in Q-angle between the supine and standing positions than men.

Conclusion/Recommendation

The authors conclude that Q-angle measurements are clinically useful because they affect patellar tracking and knee mechanics.

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