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Variables	KT group (n=14)	AT group (n=14)	p
Men/Women	3/11	3/11	0.96
Age (years)	42.21±8.19	42.50±4.67	0.92
BMI (kg/m ²)	24.79±4.76	25.92±4.36	0.13
Symptom duration (days)	172±196	128±105	0.47

2 *p<0.05, given as “mean±SD”

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Variable	KT group			AT group			P for differences between groups
	Before	After	p	Before	After	P	
VAS Night	4 (0-8)	0(0-8)	0.04*	5(0-9)	1(0-4)	0.09*	0.58
VAS Rest	3 (0-7)	0(0-4)	0.01*	3(1-7)	3 (0-8)	0.49*	0.25
VAS Activity	7.5 (3-9)	3(0-7)	<0.001	7.5(4-9)	5.5(3-9)	0.04*	0.006*
DASH	47 (19-72)	23.5(2-63)	0.001	43(31-82)	33(13-78)	0.009 *	0.31
Grip strength	47.5 (30-85)	55(25-95)	0.76	50(20-65)	55(20-100)	0.13	0.13
Pinch	16 (10-20)	15 (12-22)	0.79	15.5 (10-22)	14.5 (10-28)	0.41	0.40

16 *p<0.05, given as “median (min-max)”

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Variable	KT group			AT group			P for differences between groups
	Before	After	p	Before	After	p	
IFTW 60	1.65 (0-44)	4.3 (0.1-25.1)	0.7	3 (0.2-10.8)	4.8 (0-32.2)	0.07	0.23
IFTW 120	1.1 (0.1-16.3)	2.3 (0.1-15.8)	0.16	1 (0-4.8)	2.15 (0-15.2)	0.06	0.31
IFPT 60	6.4 (3.1-23.2)	8.1 (2-16)	0.65	6.2 (3.1-26.2)	8 (3-25)	0.9	0.93
IFPT 120	6.3 (4.5-13.7)	7.7 (2.5-18.4)	0.48	5.8 (2.2-27.8)	5.5 (1.8-14.6)	0.45	0.66
IETW 60	16.1 (7-46)	17.9 (1-49)	0.66	14.1 (2-37)	15.8 (3.8-25)	0.32	0.66
IETW 120	11.6 (6-27.7)	11.6 (1.4-32.9)	0.69	15.4 (2.4-35)	10.2 (3.9-25)	0.18	0.66
IEPT 60	11.1 (5-21.5)	11 (1.7-24.6)	0.94	9.6 (5.6-20.6)	9 (5.2-17.7)	0.42	0.47
IEPT 120	9.7 (4.8-21.4)	8.8 (2.9-17.3)	0.57	7.3 (4.2-18.7)	7.6 (4.9-16.7)	0.26	0.5

22 *p<0.05, given as “median(min-max)”. IFTW: Isokinetic Flexor Total Work, IFPT: Isokinetic
 23 Flexor Peak Torque, IETW: Isokinetic Extensor Total Work, IEPT: Isokinetic Extensor Peak
 24 Torque. Each measurement was done at 60°/s and 120°/s velocities.

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9 4X
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Variable	KT group			AT group		
	Before	After	P	Before	After	p
Effusion	8 (57.1%)	3 (21.4%)	0.063*	4 (40%)	2 (20%)	0.83
Hypoechogenity/ Heterogeneity	12 (85.7%)	6 (42.9%)	0.031*	7 (70%)	6 (60%)	1
Thickness (mm)**	5.20±0.87	4.28±0.58	0.003	5.07±1.18	4.89±1.02	0.07

27 *p<0.05, given as n (percentage %)

28 **P for differences between groups: 0.001

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Variable	KT group	AT group	p
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13 5X
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Tear	3 (21.4%)	3 (30%)	0.66
Calcification	2 (14.3%)	1 (10%)	1
Bone degeneration	3 (21.4%)	6 (60%)	0.09
Neovascularization	2 (14.3%)	1 (10%)	0.89

40 *p<0.05, given as n (percentage %)

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