

**Measurement assessments:**

**I. Anthropometry:**

- Body weight and height (Stable stadiometer Seca, Birmingham, UK) and body composition (Bio-impedance system MALTRON BF-906).

**II. Functional status:**

- *flexibility of knee joint* (flexion and extension ROM) – assessed by manual goniometer
- *agility and dynamic balance* (Timed “Up & Go” Test)
- *Sit to stand (30 seconds)*
- *spatio-temporal gait parameters (STGP)* during different gait velocities will be measured by OPTOGAIT system (Microgate, Bolzano, Italy) under single- and dual-task conditions.
- *Hand grip strength along with both the knee extensors and flexors muscles maximal voluntary isometric strength (MViC)* (isometric dynamometer S2P)
- *Self - reported functional assessment* (OKS and LEFS questionnaires)

**III. Muscle function:**

- *contractile muscle parameters* (Tensiomyography)
- *electromechanical efficiency index* (Tensiomyography and M-wave module)
- *Voluntary activation level (using double interpolated twitch technique)*

**IV. Pain level - Visual analogue scale (VAS)**