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## The comparison of activities limitation between individuals with unilateral and bilateral symptomatic knee osteoarthritis based on the comprehensive ICF core set for OA

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This study aimed to compare the ability to perform activities between individuals with unilateral and bilateral knee osteoarthritis (OA). Symptomatic knee OA in this study was identified by using the ACR clinical criteria for OA. 250 participants including 83 people with unilateral and 167 people with bilateral knee OA enrolled in this study. The characteristics of participants consisting of age, BMI and duration of knee pain were recorded. Two performance tests including self-paced walk (40 meter) and stair climb tests were performed. 23 ICF categories in activity and participation domain based on the comprehensive ICF core set for OA were asked to report levels of difficulty. The results showed that there were no significant differences of age and BMI between groups. The bilateral knee OA group had significantly longer duration of knee pain than the unilateral knee OA group. The unilateral knee OA group demonstrated greater ability to perform both performance tests than the bilateral knee OA group. Furthermore, scores of nine ICF categories had significant difference between groups. Interestingly, maintaining a squatting, kneeling and side sitting positions, were reported to have the highest level of difficulty in more than 80% of participants of both groups. In conclusion, the activities related to lower extremities performance were affected from the pathology of knee OA. Bilateral knee OA resulted in greater limitation of some activities compared with unilateral knee OA. Identification of activity limitations should be considered to direct physical therapy treatment goals for knee OA.

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