

**Table 1 Age and gender thresholds for study inclusion**

	<b>Male</b>	<b>Female</b>
Range of knee joint flexion		
55-64 years	<128°	<127°
65-74 years	<125°	<122°
75+ years	<120°	<117°
Isometric quadriceps strength (kilograms force)		
55-64 years	<18.1	<11.3
65-74 years	<17.2	<9.4
75+ years	<13.9	<9.0
Single-leg standing balance (seconds)		
55-64 years	<8	<5
65-74 years	<3	<3
75+ years	<2	<2