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# Normal range of patellar tendon elasticity using the shear wave elastography technique: an in vivo study in healthy volunteers

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## Abstract

In-vivo investigation of tendon mechanical properties in healthy subjects using Shear Wave Elastography (SWE) techniques is a relatively new field of study. This work aims to evaluate the elastic properties of patellar tendon in various knee range of flexion. Twenty healthy adult subjects were enrolled in the study. Shear wave speed (SWS) in the patellar tendon was measured in three different positions: Knee extended, Knee semi-flexed (30°) and Knee flexed (90°). Mean shear modulus was  $50.9 \pm 33.1$  kPa in knee extension position,  $137.5 \pm 50.7$  kPa in 30° flexion position and  $226.5 \pm 60.3$  kPa in 90° flexion position. The lowest shear modulus was obtained at rest with the knee in a fully extended position. These results are in agreement with those previously reported on Achilles tendon and triceps muscle. Shear modulus values obtained in our study could be considered as baseline values for further investigations in adult.

Keywords: Patellar tendon; Shear Wave Elastography; Elasticity; Shear modulus; Knee

## **Introduction**

Shear Wave Elastography (SWE) was recently developed(1,2) allowing fast, non-invasive and quantitative measurement of soft tissue stiffness using ultrasound. It is based on the measurement of speed of remotely induced shear waves, which is determined by the tissue's mechanical properties. While SWE is well described for applications on adults with liver or breast diseases(3,4), several clinical applications for the musculoskeletal apparatus are still at research stage.

Gastrocnemius muscle elasticity was investigated using SWE in several studies(5–8) with relevant data regarding the inter-operator reliability and baseline values on adult volunteers(6,8). Upper limbs are currently less studied, although the biceps brachii muscle has been measured(8,9). Recently, relevant data in a pediatric population were reported using a SWE protocol on biceps brachii and gastrocnemius medialis muscles(10). However, in-vivo investigation of tendon mechanical properties in healthy subjects is a relatively new field of study(11–13).

Patellar tendinopathy is a common cause of chronic pain among athletes especially in jumping sports with up to 45% incidence (14,15). Tendinopathy can influence the elasticity of the patellar tendon, and although it is generally accepted that injured tendon has lower elastic modulus, recent results are conflicting (16–18). Still, measurement of tendon mechanical properties has a strong potential clinical interest, as shown by a recent study reporting a correlation between SWE measurements and pain and VISA-P score in patellar tendinopathy (19). Measurement protocol, however, is not yet standardized; in particular, knee angle can widely vary between studies, making comparisons difficult.

The purpose of this study was to evaluate the elastic properties of patellar tendon in various knee range of flexion in a cohort of healthy adult volunteers, in order to establish baseline values under the hypothesis that knee angle has large impact on tendon mechanical properties.

## **Materials and Methods**

Twenty healthy subjects (12 males, 8 females), aged 20-40 years old, were enrolled in the study. A questionnaire was administered to ensure the absence of any musculoskeletal pathology. Before participation, all the volunteers were informed of the purpose of the study and signed consents were collected. The study was approved by the local Ethical Committee.

### *Measurements*

An Aixplorer ultrasound scanner (Supersonic Imagine, Aix-en-Provence, France), with a 50 mm 8 MHz linear probe was used to measure shear wave speed (SWS) in the patellar tendon. The probe was applied perpendicularly to the skin and parallel to patellar tendon fibers. The transducer's pressure applied was as light as possible during the images acquisition, in order to avoid tissue deformation (21). T

he operator defined a rectangular region of interest (ROI) in the elastographic image and the mean SWS was then calculated by the machine. The ROI was defined to evaluate the largest area of the mid third (mid distance between the patella and the tibial tubercle) of

the patellar tendon. This part of the tendon was chosen as Hsia et al (22) showed better reproducibility of the measures in this area.

### *Procedure*

The subjects were at rest, and they were asked to be as relaxed as possible during the following protocol (Figure 1):

- Knee extended: subject was supine with a fully-extended knee.
- Knee semi-flexed: subject was supine with the knee on a 30° positioning splint.
- Knee flexed: subject was supine with the knee flexed at 90° (controlled with a goniometer)

Measurements were performed on both lower limbs for each subject. Three experimented operators were responsible for data acquisition. This protocol lasted about 20 minutes per subject.

### *Statistical analysis*

Previous studies showed excellent intra- and inter-operator concordance of measurement in patellar tendon (22). Non-parametric Mann-Whitney test was used to assess difference in SWS according to age and sex, while Wilcoxon test was used to assess side differences (paired data). Kruskal-Wallis was used to determine differences between the 3 knee positions; normality was assessed with Lilliefors' test. Calculations were done in Matlab 2016a (The MathWorks, Inc., Natick MA)  $P < 0.05$  was considered significant. Results are reported as mean  $\pm$  standard deviation.

### **Results**

Mean SWS was  $3.9 \pm 1.2$  m/s in knee extension position (0°),  $6.7 \pm 1.3$  m/s in 30° flexion position and  $8.6 \pm 1.3$  m/s in 90° flexion position; all positions presented a SWS significantly different from the others ( $p = 1.6e-18$ ). Mean ROI area was  $0.8 \pm 0.2$  cm<sup>2</sup>. No difference was

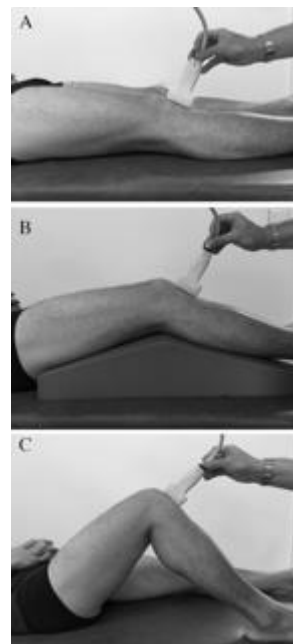


Figure 1: The probe was placed parallel to patellar tendon fibers on the middle of the tendon in three different positions: A - Knee extended: subject was supine with a fully-extended knee, B - Knee semi-flexed: subject was supine with the knee on a 30° positioning splint. C - Knee flexed: subject was supine with the knee flexed at 90°.

observed between sides at any knee position ( $p > 0.19$ ). The relevant data concerning side analysis is presented in table 1 and figure 2. According to gender, the statistical analysis showed no differences of SWS in the three positions (Table 2).

SWS variations were analyzed between the extension to 30° flexion, the 30° to 90° flexion and the 0° to 90° flexion. The increase of SWS in the left side was slightly higher than the right side when knee angle changed from 30° to 90° (2.4 against 1.5 m/s,  $p = 0.03$ ) and from 0° to

90° (5.2 against 4.1 m/s,  $p = 0.04$ ). SWS variations between knee angles was not affected by gender.

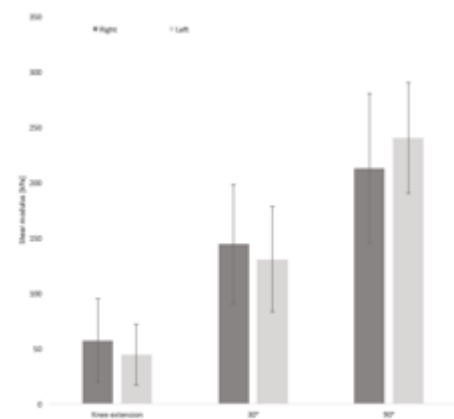


Figure 2: Mean shear modulus values of patellar tendon according to the side and the knee flexion amplitude.

## Discussion

The aim of this study was to provide normal range of values regarding patellar tendon elasticity in healthy adult subjects. The reported values could lead to an underestimation of the actual tendon mechanical properties; patellar tendon has a small cross-sectional area, compared to the wavelength of the propagating shear waves, and therefore it behaves as a wave-guide, resulting in a slower apparent wave velocity. However, it was shown that the apparent shear wave speed, as measured in this study, retains its clinical value because it is strongly correlated with the results of a full shear wave dispersion analysis. Besides, automatic wave dispersion analysis is still not available in clinic.

Patellar tendon is also transversely isotropic, therefore calculating tendon mechanical properties is not straightforward. At first approximation, however, tendon shear modulus ( $\mu$ ) can be estimated as  $\mu = \rho \cdot \text{SWS}^2$ . This allows comparing our results with the previous literature that applied this simplification. The calculation yields an average patellar tendon shear modulus with knee at 30° of 45.9 kPa. This value is higher than that reported by Zhang et al (19) at 30° knee flexion ( $27.5 \pm 11.3$  kPa), which was relative to the proximal region of the tendon (while in this study measurements were performed in the middle region). The overall average SWS obtained in this study with knee flexion of 90° ( $8.6 \pm 1.3$  m/s) is similar to that reported by Hsiao et al. (22) at 90° knee flexion ( $8.9 \pm 1.1$  m/s), who performed the measurements in the tendon middle region.

The lowest SWS was obtained at rest with the knee in a fully extended position (i.e., with the patellar tendon at full rest). This is in agreement with the result reported on Achilles tendon and muscles by Dubois(6), Lacourpaille(8). In healthy volunteers, lowest SWS were obtained in a fully non-contracted muscle-tendon couple.

SWS values obtained in our study could be now considered as baseline values for further pathological cohorts investigations in young adults, and they show the importance of proper control of knee angle. SWS in patellar tendon more than doubled between 0° and 90° knee angles.

## Conclusion

The SWE is a new, fast and non-invasive technique to assess mechanical properties of musculoskeletal structures and is promising for further investigations on adults or children with various musculoskeletal pathologies. Shear modulus values obtained in our study could be considered as baseline values for further investigations in young adults.

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**Tables:**

Table 1: Statistical data according to the side

		SWS [m/s]	N	p
Full extension	Right side	4.2 ± 1.3	20	0.285
	Left side	3.7 ± 1.0	20	
30° flexion	Right side	6.8 ± 1.3	20	0.465
	Left side	6.5 ± 1.2	20	
90° flexion	Right side	8.3 ± 1.6	20	0.185
	Left side	8.9 ± 1.0	20	

Table 2: Statistical data according to the gender

		SWS [m/s]	N	p
Full extension	Male	3.9 ± 1.2	12	0.901
	Female	4.0 ± 1.2	8	
30° flexion	Male	6.8 ± 1.1	12	0.355
	Female	6.5 ± 1.5	8	
90° flexion	Male	8.8 ± 1.0	12	0.341
	Female	8.2 ± 1.7	8	