

가

3.1~4.9 mm
가

2001 10
UCLA score
24(12~30)

2004 7
6, 1, ,
, paired t-test

14
VAS of pain, ADL (Activity of Daily Living),
53.1(45~65)

score 13.3 7.7 1.5
13 (92.9%) 32.3 가

(P<0.001), ADL
(P<0.001),

10.1 26 (P<0.001), UCLA
, 86% , 1

가
가

가