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This is the author's version of a work that was submitted/accepted for publication in the following source:

Opar, David A., Williams, Morgan, Timmins, Ryan, Hickey, Jack, [Duhig, Steven](#), & [Shield, Anthony](#)

(2014)

Eccentric hamstring strength and hamstring injury risk in Australian footballers.

Medicine & Science in Sports & Exercise, 46.

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<https://doi.org/10.1249/MSS.0000000000000465>

Table 1. Nordic hamstring exercise force variables from hamstring strain injured and uninjured elite Australian footballers.

Group	Limb	Absolute eccentric hamstring strength			Relative eccentric hamstring strength			Between limb imbalance		
		(N)			(N.kg ⁻¹)			(%)		
		Start of preseason	End of preseason	In-season	Start of preseason	End of preseason	In-season	Start of preseason	End of preseason	In-season
Injured	Injured	246 ± 79*	284 ± 77*	256 ± 157 [#]	3.04 ± 0.97*	3.51 ± 0.95*	3.16 ± 1.93 [#]			
		(n=27)	(n=17)	(n=2)	(n=27)	(n=17)	(n=2)	21.2 ± 23.8	13.1 ± 9.6	15.6 ± 4.9 [#]
	Uninjured	273 ± 89	292 ± 71*	292 ± 169 [#]	3.37 ± 1.10*	3.60 ± 0.87*	3.61 ± 2.08 [#]	(n=27)	(n=17)	(n=2)
		(n=27)	(n=17)	(n=2)	(n=27)	(n=17)	(n=2)			
Uninjured	Average of left and right	301 ± 84	330 ± 73	323 ± 80	3.81 ± 1.06	4.18 ± 0.92	4.09 ± 1.01	18.2 ± 20.8	10.5 ± 10.0	10.6 ± 11.0
		(n=159)	(n=157)	(n=153)	(n=159)	(n=157)	(n=153)	(n=159)	(n=157)	(n=153)

Data presented as mean ± standard deviation. *Indicates significantly different to the uninjured group (p<0.05). [#]Indicates sample size from the injured group too small to make valid comparisons. Between limb imbalance determined as an absolute percentage (i.e. unidirectional)