Table 2: Within group effect size (± 90% CL) changes of biceps femoris long head fascicle length across a competitive season in elite Australian footballers. Athletes with a unilateral history of HSI are represented by the previously injured and contralateral uninjured limbs. The control group data is the two limb average of athletes without a history of HSI.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Injured |  | Contralateral uninjured |  | Control |
| Week | 5 | 9 | 13 | 17 | 23 |  | 5 | 9 | 13 | 17 | 23 |  | 5 | 9 | 13 | 17 | 23 |
| 1 | 0.20+ ± 0.32 | 0.14 ± 0.39 | -0.08 ± 0.5 | -0.06 ± 0.6 | -0.56# ± 0.62 |  | 0.47+ ± 0.27 | 0.07 ± 0.29 | -0.14 ± 0.29 | -0.38+ ± 0.32 | -0.39+± 0.41 |  | 0.67# ± 0.33 | 0.50# ± 0.38 | 0.34+ ± 0.37 | -0.04± 0.37 | -0.33 ± 0.56 |
| 5 |  | -0.06 ± 0.21 | -0.28+ ± 0.29 | -0.31+ ± 0.34 | -0.75# ± 0.37 |  |  | -0.40+ ± 0.20 | -0.62# ± 0.28 | -0.81\* ± 0.4 | -0.89\*± 0.35 |  |  | -0.17± 0.22 | -0.33+ ± 0.23 | -0.73#± 0.31 | -1.01\* ± 0.31 |
| 9 |  |  | -0.22+ ± 0.15 | -0.29+ ± 0.21 | -0.64# ± 0.27 |  |  |  | -0.21+ ± 0.19 | -0.35+ ± 0.3 | -0.50# ± 0.27 |  |  |  | -0.16 ± 0.19 | -0.53# ± 0.33 | -0.84\* ± 0.41 |
| 13 |  |  |  | -0.05 ± 0.15 | -0.40+ ± 0.23 |  |  |  |  | -0.14± 0.19 | -0.22+ ± 0.17 |  |  |  |  | -0.39+ ± 0.24 | -0.72#± 0.34 |
| 17 |  |  |  |  | -0.37+ ± 0.15 |  |  |  |  |  | -0.17 ± 0.21 |  |  |  |  |  | -0.42+ ± 0.26 |

HSI, hamstring strain injury.
\* large effect size for comparison; # moderate effect size for comparison; + small effect size for comparison.
All other effect size changes were unclear or trivial.