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.