|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Contralateral uninjured limb minus previously injured limb | | |  | Control group average minus contralateral uninjured limb | | |  | Control group average minus previously injured limb | | |
|  | Muscle thickness | Pennation angle | Fascicle length |  | Muscle thickness | Pennation angle | Fascicle length |  | Muscle thickness | Pennation angle | Fascicle  length |
| 1 | 0.28 ± 0.68 | -0.06 ± 0.68 | 0.45 ± 0.68 |  | 0.32 ± 0.64 | 0.16 ± 0.60 | 0.29 ± 0.64 |  | 0.56 ± 0.65# | 0.08 ± 0.62 | 0.81 ± 0.64\* |
| 5 | 0.20 ± 0.68 | -1.04 ± 0.68\* | 0.76 ± 0.68# |  | 0.33 ± 0.62 | 0.21 ± 0.61 | 0.35 ± 0.63 |  | 0.48 ± 0.64+ | -0.76 ± 0.61# | 1.11 ± 0.65\* |
| 9 | 0.22 ± 0.68 | -0.22 ± 0.68 | 0.42 ± 0.68 |  | 0.18 ± 0.61 | -0.61 ± 0.60# | 0.72 ± 0.63# |  | 0.38 ± 0.63 | -0.75 ± 0.61# | 1.09 ± 0.64\* |
| 13 | 0.26 ± 0.68 | -0.09 ± 0.68 | 0.38 ± 0.68 |  | 0.29 ± 0.62 | -0.46 ± 0.62+ | 0.87 ± 0.64\* |  | 0.53 ± 0.63# | -0.50 ± 0.63# | 1.15 ± 0.65\* |
| 17 | 0.15 ± 0.76 | 0.00 ± 0.77 | 0.21 ± 0.76 |  | 0.21 ± 0.67 | -0.33 ± 0.67 | 0.54 ± 0.68# |  | 0.36 ± 0.69 | -0.42 ± 0.67 | 0.77 ± 0.70# |
| 23 | -0.07 ± 0.70 | -0.61 ± 0.69# | 0.43 ± 0.71 |  | 0.31 ± 0.64 | -0.29 ± 0.66 | 0.60 ± 0.65# |  | 0.16 ± 0.66 | -1.01 ± 0.63\* | 0.89 ± 0.68\* |

Table 3 – Between group effect size (± 90% CL) changes of biceps femoris long head architectural characteristics 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.

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.