|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Previously injured group (n=12) | | | | | | |  | Control group (n=18) | | |
| Uninjured limb | | |  | Injured limb | | |  | Two-limb average | | |
|  | Muscle thickness (cm) | Pennation angle (°) | Fascicle length (cm) |  | Muscle thickness (cm) | Pennation angle (°) | Fascicle length (cm) |  | Muscle thickness (cm) | Pennation angle (°) | Fascicle  length (cm) |
| 1 | 2.72 ± 0.3 | 14.80 ± 0.82 | 10.66 ± 1.01 |  | 2.63 ± 0.3 | 14.88 ± 1.08 | 10.19 ± 0.92 |  | 2.82 ± 0.3 | 14.97 ± 1.03 | 10.92 ± 0.76 |
| 5 | 2.75 ± 0.2 | 14.19 ± 0.72 | 11.18 ± 0.86 |  | 2.69 ± 0.3 | 14.99 ± 0.78 | 10.41 ± 0.97 |  | 2.85 ± 0.3 | 14.36 ± 0.86 | 11.48 ± 0.73 |
| 9 | 2.76 ± 0.2 | 14.92 ± 0.76 | 10.72 ± 0.80 |  | 2.70 ± 0.3 | 15.13 ± 0.94 | 10.34 ± 0.92 |  | 2.81 ± 0.3 | 14.40 ± 0.95 | 11.33 ± 0.77 |
| 13 | 2.74 ± 0.3 | 15.14 ± 1.12 | 10.49 ± 0.87 |  | 2.66 ± 0.3 | 15.24 ± 1.28 | 10.12 ± 1.03 |  | 2.83 ± 0.3 | 14.65 ± 0.98 | 11.19 ± 0.62 |
| 17 | 2.70 ± 0.3 | 15.10 ± 1.30 | 10.38 ± 0.92 |  | 2.64 ± 0.3 | 15.22 ± 1.30 | 10.05 ± 1.15 |  | 2.76 ± 0.3 | 14.68 ± 1.11 | 10.87 ± 0.77 |
| 23 | 2.72 ±0.3 | 15.59 ± 1.30 | 10.18 ± 0.79 |  | 2.72 ± 0.3 | 16.42 ± 1.07 | 9.53 ± 1.20 |  | 2.81 ± 0.3 | 15.26 ± 0.97 | 10.62 ± 0.71 |

Table 1 – Architectural characteristics of the biceps femoris long head across a competitive season in elite Australia footballers with and without a history of hamstring strain injury, taken across six time points during the competitive season.

cm = centimetre, ° = degrees. Data presented as mean ± standard deviation.