

Table 3. Distal tendon and musculotendinous junction lengths of the hamstring muscle

Length (cm)	Author(s), date (number of specimens; M, F)	Muscle cm, mean \pm SD* [length as a % of total muscle length]			
		BF _{Ih}	BF _{sh}	ST	SM
Distal tendon	Garrett et al., 1989 Dissection (5; no details)	[66%]		[56%]	[52%]
	Woodley & Mercer, 2005 Dissection (6; 3M, 3F)	27.5 (range 24.1-33.9) [62.6%]	11.2 (range 9.2-12.8) [45.6%]	25.0 (range 22.1-33.0) [56.8%]	26.1 (range 23.6-31.8) [59.4%]
	Van der Made et al., 2015 (56; no details)	BF 26.2 \pm 2.9 [62%]		24.9 \pm 3.7 [56%]	22.0 \pm 3.3 [57%]
Distal free tendon	Woodley & Mercer, 2005 Dissection (6; 3M, 3F)	9.2 [21%]	0.5 [2%]	11.1 (range 9.0-12.1) [25.3%]	6.8 [15%]
	Kellis et al., 2009 Dissection & US (6; 3M, 3F)	Dissection: 11.8 \pm 2.1 [30.2 \pm 4.8%] US: 11.2 \pm 1.4 [29.3 \pm 3.8%]		Dissection: 17.1 \pm 2.8 [16.5 \pm 3.3%] US: 16.5 \pm 3.3 [42.7 \pm 6.5%]	
	Kellis et al., 2012 ^a (8; 8M)	5.3 \pm 1.8 [13.5 \pm 5.3%]	1.4 \pm 0.7 [6.7 \pm 3.1%]	19.0 \pm 2.0 [38.2 \pm 4.1%]	7.8 \pm 1.4 [19.3 \pm 3.4%]
	Van der Made et al., 2015 (56; no details)	BF: 9.1 \pm 3.0 [22%]		13.2 \pm 2.9 [30%]	5.5 \pm 1.9 [14%]
	Vieira et al., 2016 MRI (40, no details)	5.0 \pm 5.0 (range 1.5-10.0) ^b			
	Vadgaonkar et al., 2018 (46; 46M)			15.5 \pm 3.2 (range 7.3-22.9)	
Distal MTJ	Woodley & Mercer, 2005 Dissection (6; 3M, 3F)	18.3 (range 15.4-25.0) [41.4%]	10.7 (range 9.2-12.8) [36.5%]	13.9 (range 10.1-20.0) [31.6%]	19.3 (range 16.6-24.5) [44.0%]
	Van der Made et al., 2015 (56; no details)	BF: 17.1 [14%]		11.7 [26%]	16.5 [43%]

*Unless stated otherwise

^aNot clear if these data represent free tendon or MTJ length

^bMeasurement taken from level of knee joint space, not distal insertion site on fibula

Abbreviations: BF: biceps femoris; BFh, biceps femoris long head; F, female; M, male; MRI, magnetic resonance imaging; MTJ, musculotendinous junction; SM, semimembranosus; ST, semitendinosus; US, ultrasound