

Table 2. Pre-season Nordic hamstring exercise force variables for injured and uninjured rugby union players.^a

Group	Limb	Absolute eccentric knee flexor strength (N)	Relative eccentric knee flexor strength (N.kg-1)	Between-limb imbalance (%)
Injured	Injured (n=20)	355.1 ± 80.5 ^b	3.65 ± 0.67 ^b	17.37 ± 16.1 ^c
	Uninjured (n=20)	410.1 ± 132.4 ^b	4.21 ± 1.14 ^b	
Uninjured	Average of left and right (n=158)	367.7 ± 85.0	3.85 ± 0.87	10.02 ± 9.8 ^c

^aData are presented as mean ± standard deviation.

^bSignificant difference between limbs in the injured group (p<0.05).

^c Significant difference between injured and uninjured players.