

Table 3. Normative Strength Values

			AFL Players						Football (Soccer) Players					
			Force (N)			Torque			Force (N)			Torque		
			Mean	SD	Range	Mean	SD	Range	Mean	SD	Range	Mean	SD	Range
Flexed	GB	D	387.4	82.6	227-613	4.6	1.0	2.2 – 7.4	385.9	78.3	215 – 499	5.4	1.2	2.8 – 7.0
Abduction		ND	376.9	83.9	226 – 610	4.3	1.3	2.3 – 7.4	327.9	23.6	200 - 503	5.3	1.1	2.3 – 7.0
Flexed	GB	D	346.6	107.4	169 – 561	4.1	1.2	1.6 – 6.4	361.2	109.9	187 – 553	5.1	1.7	2.3 – 7.8
Adduction		ND	347.9	107.2	165 – 574	4.1	1.2	1.6 – 6.6	370.3	110.4	171 – 549	5.2	1.7	2.0 – 7.6
Flexed	GB	D	-	-	-	0.9	0.2	0.5 – 1.5	-	-	-	0.9	0.2	0.5 – 1.3
Adduction:		ND	-	-	-	0.9	0.3	0.5 – 1.7	-	-	-	1.0	0.2	0.5 – 1.6
Abduction														
Supine	GB	D	171.7	50.4	92 – 300	2.1	0.6	0.9 – 3.3	175.1	45.2	129 – 352	2.3	0.7	1.7 – 4.8
Abduction		ND	160.2	45.9	71 - 270	1.9	0.5	0.7 – 2.9	174.6	47.1	110 – 342	2.3	0.7	1.4 – 4.6
	HHD	D	202.2	32.0	144.5 – 268.2	2.2	0.4	1.6 – 2.9	208.5	31.4	147-267.3	2.5	0.4	1.6 – 3.2
		ND	192.7	30.2	145.9 – 249.6	2.1	0.3	1.6 – 2.7	199.4	39.2	125.4 – 296.7	2.4	0.5	1.2 – 3.6
Supine	GB	D	199.8	32.7	145.4 - 267.8	2.2	0.4	1.6 – 3.0	189.8	42.2	127 – 258	2.5	0.6	1.5 – 3.5
Adduction		ND	192.1	41.57	97.8 – 282	2.07	0.5	1.1 – 2.8	187.8	42.1	124 – 267	2.4	0.6	1.5 – 3.6

	HHD	D	179.8	46.4	70 – 271	2.1	0.6	0.7 – 3.0	204.0	33.2	138.8 – 268	2.5	0.5	1.4 – 3.3
		ND	181.3	52.8	81 – 293	2.1	0.6	0.8 – 3.2	203.5	40.7	134.3 – 291.4	2.5	0.5	1.4 – 3.5
Supine	GB	D	-	-	-	1.1	0.2	0.8 – 1.6	-	-	-	1.1	0.2	0.6 – 1.5
Adduction:		ND	-	-	-	1.2	0.3	0.8 – 2.2	-	-	-	1.1	0.2	0.6 – 1.5
Abduction	HHD	D	-	-	-	1.0	0.1	0.7 – 1.3	-	-	-	1.0	0.2	0.7 – 1.5
		ND	-	-	-	1.0	0.2	0.5 – 1.3	-	-	-	1.0	0.2	0.7 – 1.7
