Table 1. Nordic hamstring exercise force variables from hamstring strain injured and uninjured elite Australian footballers.

Group	Limb	Absolute eccentric hamstring strength (N)			Relative eccentric hamstring strength ($N.kg^{-1}$)			Between limb imbalance (%)		
		Start of preseason	End of preseason	In-season	Start of preseason	End of preseason	In-season	Start of preseason	End of preseason	In-season
Injured	Injured	246 ± 79* (n=27)	284 ± 77* (n=17)	256 ± 157[#] (n=2)	3.04 ± 0.97* (n=27)	3.51 ± 0.95* (n=17)	3.16 ± 1.93[#] (n=2)	21.2 ± 23.8 (n=27)	13.1 ± 9.6 (n=17)	15.6 ± 4.9[#] (n=2)
	Uninjured	273 ± 89 (n=27)	292 ± 71* (n=17)	292 ± 169[#] (n=2)	3.37 ± 1.10* (n=27)	3.60 ± 0.87* (n=17)	3.61 ± 2.08[#] (n=2)			
Uninjured	Average of left and right	301 ± 84 (n=159)	330 ± 73 (n=157)	323 ± 80 (n=153)	3.81 ± 1.06 (n=159)	4.18 ± 0.92 (n=157)	4.09 ± 1.01 (n=153)	18.2 ± 20.8 (n=159)	10.5 ± 10.0 (n=157)	10.6 ± 11.0 (n=153)

Data presented as mean ± standard deviation. *Indicates significantly different to the uninjured group ($p<0.05$). [#]Indicates sample size from the injured group too small to make valid comparisons. Between limb imbalance determined as an absolute percentage (i.e. unidirectional)