Queensland University of Technology
Brisbane Australia

This is the author's version of a work that was submitted/accepted for publication in the following source:

Timmins, Ryan, Bourne, Matthew, Shield, Anthony, Williams, Morgan D., Lorenzen, Christian, & Opar, David A.
(2016)
Biceps femoris architecture and strength in athletes with a prior ACL reconstruction.
Medicine and Science in Sports and Exercise, *48*(3), pp. 337-345.

This file was downloaded from: https://eprints.qut.edu.au/89583/

TABLE 2. Within group comparisons average peak knee flexor force during the Nordic hamstring exercise and maximum voluntary isometric knee flexor strength for the control group (left vs right) and the ACL injured group (uninjured vs ACL injured limb). ACL = anterior cruciate ligament, MVIC = maximum voluntary isometric contraction, SD = standard deviation, 95% CI = 95% confidence interval, *=p<0.05.

	Control group (n=52)					ACL injured group (n=15)				
	Left Leg (Mean±SD)	Right Leg (Mean±SD)	Absolute difference (95% CI)	p	Effect Size (*d*)	Uninjured (Mean±SD)	ACL Injured Limb (Mean±SD)	Uninjured minus ACL injured limb (95% CI)	p	Effect Size (*d*)
Nordic	316.4±78.7	323.4±79.8	7.0 (-1.58 to 15.5)	0.108	0.08	312.9±85.1	269.9±81.4	43.0 (7.2 to 78.7)	0.022*	0.51
MVIC	378.9±86.9	390.1±85.9	11.2 (-0.5 to 22.1)	0.070	0.13	354.9±62.7	337.6±45.1	17.3 (-9.9 to 44.5)	0.195	0.31