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Hamstring Muscle Architecture In Professional Rugby Union Players: A One Season Prospective Study

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Abstract

Hamstring injuries are very common in field sports. Muscle architecture has been suggested as a risk factor for hamstring strain injury. Various medical imaging techniques (Magnetic Resonance Imaging and Ultrasound) have been developed to assess muscle architecture. Ultrasound is often used to assess in vivo hamstring muscle architecture. The relationship player load (match-play, training, strength & conditioning programme) and hamstring muscle architectural characteristics at the mid-season and end of season time points will be evaluated to determine the extent to which extrinsic factors influence hamstring muscle architecture

Materials

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1