

Risk factor	n	% from each group that sustained HSI	Relative risk (95%CI)	P
Prior injury				
HSI	30	30.0	4.1 (1.9 to 8.9)	0.001 ^b
No HSI	164	7.3	0.24 (0.1 to 0.5)	
ACL	16	12.5	1.17 (0.3 to 4.6)	0.538
No ACL	178	10.7	0.85 (0.2 to 3.3)	
Calf strain	6	14.3	1.33 (0.2 to 8.5)	0.560
No calf strain	188	10.8	0.75 (0.1 to 4.8)	
Quadriceps strain	10	10.0	0.92 (0.1 to 6.2)	0.691
No quadriceps strain	184	10.9	1.09 (0.2 to 7.3)	
Chronic groin pain	12	8.3	0.76 (0.1 to 5.2)	0.758
No chronic groin pain	182	11.0	1.32 (0.2 to 9.0)	
Pre-season eccentric hamstring strength				
<267.9N	22	0	0.17 (0.0 to 2.7)	0.204
≥267.9N	156	12.8	6.0 (0.4 to 96.0)	
<3.18N.kg ⁻¹	36	11.1	0.97 (0.3 to 2.7)	0.957
≥3.18N.kg ⁻¹	140	11.4	1.03 (0.4 to 2.9)	
Pre-season between-limb imbalance				
<10%	113	9.7	0.70 (0.3 to 1.6)	0.403
≥10%	65	13.8	1.42 (0.6 to 3.3)	
<15%	133	8.3	0.41 (0.2 to 0.9)	0.033 ^b
≥15%	45	20.0	2.42 (1.1 to 5.5)	
<20%	149	8.1	0.29 (0.1 to 0.7)	0.003 ^b
≥20%	29	27.6	3.43 (1.5 to 7.6)	
Age (years)				
≤19	48	6.2	0.60 (0.2 to 2.0)	0.397
>19	146	11.6	1.67 (0.5 to 5.5)	
≤22	95	10.2	1.04 (0.4 to 2.2)	0.922
>22	99	10.1	0.96 (0.5 to 2.5)	
≤25	149	10.7	1.2 (0.4 to 3.4)	0.723
>25	45	8.9	0.83 (0.3 to 2.4)	
Height (cm)				
≤180	57	7.0	0.56 (0.2 to 1.6)	0.273

>180	135	12.6	1.79 (0.6 to 5.1)	
≤185	113	9.7	0.77 (0.3 to 1.7)	0.523
>185	79	12.7	1.3 (0.6 to 2.9)	
≤189	148	10.1	0.74 (0.3 to 1.8)	0.511
>189	44	13.6	1.3 (0.5 to 3.3)	
Weight (kg)				
≤87	48	6.3	0.5 (1.5 to 1.6)	0.249
>87	144	12.5	2.0 (0.6 to 6.5)	
≤96.45	95	10.5	1.0 (0.5 to 2.2)	0.979
>96.45	97	11.3	0.99 (0.5 to 2.2)	
≤105.25	143	11.2	1.10 (0.4 to 2.8)	0.849
>105.25	49	10.2	0.91 (0.4 to 2.4)	

^aUsing eccentric strength and between-limb imbalance, injury history and demographic data as risk factors. Height and weight values are for 192 participants, due to missing anthropometric data for 2 participants. ACL, anterior cruciate ligament; HSI, hamstring strain injury.

^b Significant difference ($P < 0.05$) in the relative risk of future HSIs between groups.