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An investigation into two modes of eccentric hamstring training on parameters of strength and fatigue resistance

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Purpose: Despite the high incidence of hamstring strain injuries in several popular sports, definitive research on their causation and prevention is limited. Studies show fatigue and also hamstring eccentric weakness as causes for hamstring injuries. It be the question "which way may be the best to train hamstrings to prevent injury".

Methods: Eccentric hamstring peak torque and angle of peak torque to torque were measured using the Kin Com dynamometer at