Comparison of muscle strength asymmetry between field- and court-based athletes

Christopher Thomas 1, 2, Thomas Dos’Santos 1, Paul Comfort 1, Paul A. Jones 1

1 Directorate of Sport, Exercise and Physiotherapy, University of Salford, Salford, Greater Manchester, UK, and 2 School of Health, Sport and Professional Practice, University of South Wales, Pontypridd, Wales, UK

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**Headline**

Muscle strength asymmetry (MSA) refers to the relative strength differences between limbs (1). It is suggested asymmetries are training- and competition-history specific, thus athletes may develop MSA in part due to handedness, previous injury or execution of repetitive unilateral and asymmetrical movements (2). Furthermore, it is still not known whether sporting background or gender influences MSA values, which may have implications for diagnosis of MSA and resultant training interventions.

**Aim.** The purpose of this report was to examine the differences in MSA in various muscle strength qualities between soccer, cricket and court-based athletes.

**Methods**

**Athletes.** One hundred and fifteen male (n = 56) and female (n = 59) team-sport athletes participated in this study. Team-sport athletes. The male athletes participated in basketball (n = 17; age = 17.3 ± 0.6 years; height = 187.1 ± 9.4 cm; body mass 81.6 ± 10.5 kg), cricket (n = 23; age = 18.7 ± 2.7 years; height = 175.8 ± 6.1 cm; body mass = 76.9 ± 13.3 kg) and soccer (n = 16; age = 20.1 ± 0.6 years; height = 179.1 ± 5.2 cm; body mass 76.0 ± 8.6 kg), whereas the female athletes participated in netball (n = 21; age = 18.1 ± 1.1 years; height = 174.0 ± 6.1 cm; body mass = 66.7 ± 5.1 kg), cricket (n = 23; age = 17.6 ± 1.6 years; height = 165.2 ± 9.2 cm; body mass = 61.5 ± 11.1 kg) and soccer (n = 15; age = 20.6 ± 0.6 years; height = 168.0 ± 7.2 cm; body mass 56.2 ± 6.3 kg). Each athlete was in the preseason phase of training during the study. Each athlete was in the preseason phase of training during the study. The investigation was approved by the institutional review board, and all provided appropriate consent to participate, with consent from the parent or guardian of all players under the age of 18. The study conformed to the principles of the World Medical Association’s Declaration of Helsinki.

**Design.** A cross-sectional design was used to compare values of MSA in muscle strength qualities among soccer, cricket and court-based athletes.

**Countermovement Jump.** Unilateral countermovement jump (CMJ) testing followed similar procedures previously outlined for bilateral CMJ (3), however was only performed with one foot on the force platform, with the other limb unsupported and flexed 90° at the knee. For all CMJs, subjects were instructed to jump “as high and as fast as possible”, with the arms akimbo. Depth of the eccentric phase was self-selected by the subjects to maximize CMJ height and ecological validity. Prior to maximal trials, each subject performed two warm-up CMJs, one at 50% and one at 75% of the subjects perceived maximum effort, separated by one minute of rest. Subjects performed three trials, with one minute of rest between trials. Countermovement jump data were collected using a portable force platform sampling at 1000 Hz (Kistler Instrument Corporation, Winterthur, Switzerland, Model 9286AA, SN 1209740). Reactive strength index-modified (CMJ-RSImod) was calculated by dividing jump height by the time to take-off. Jump height (CMJ-JH) was calculated based on the vertical velocity at take-off (4).

**Single-Leg Hop Testing.** For the single-leg hop for distance (SLH), athletes were instructed to use a countermovement with the arms akimbo, and no restrictions were placed on body angles attained during the preparatory phase, with the instruction to hop as far forward as possible, taking off from one leg, before landing on the same leg. Athletes had to “stick” the landing for two seconds, with no movement of the foot or hands touching the ground, for the trial to be counted. Athletes performed three warm-up trials on each limb, followed by three hops for maximal horizontal distance.

**Isometric Mid-Thigh Pull Testing.** The unilateral stance isometric mid-thigh pull (IMTP) was performed using a portable force platform sampling at 600 Hz (400 Series Performance Force Plate; Fitness Technology). Athletes obtained self-selected knee and hip angles (knee = 130-150°; hip = 140-160°) based on the reports of previous research using bilateral stance IMTP (5). Once the bar height was established, the athlete stood with one foot on the force platform, with the other limb unsupported and flexed 90° at the knee. Each athlete was provided two warm-up pulls on each leg, one at 50% and one at 75% of the athletes perceived maximum effort, separated by 1 minute of rest. Athletes performed a total of six unilateral maximum effort trials (3 with left and right limbs each), interspersed with 2 minutes of recovery between trials. The peak force recorded from the force-time curve during the five second IMTP trial was reported as the IMTP peak force (IMTP-PF), and was presented as a value relative to body mass (N.kg⁻¹).

**Eccentric Knee Extensor Testing.** Eccentric knee extensor (ECC-EXT) muscle torque was assessed at 60°.s⁻¹ using a Kin Com (Chattanooga Group, Tennessee) isokinetic dynamometer. Peak torque was obtained from four maximal repetitions throughout an arc of 90° (full knee extension = 0°). The resistance provided by the weight of the lower-limb was recorded at 30° knee extension for gravity correction purposes, by adding the gravity correction factor: [weight of leg] * [moment arm] * [cosine (angle of flexion)]. The highest peak torque of four repetitions for each limb was used for further analysis, and was presented as a value relative to body mass (Nm.kg⁻¹). Data were exported in ASCII format into Microsoft Excel (version 2016, Microsoft Corp., Redmond, WA, USA) for further analysis.

**Analyses**

Data are presented as either mean ± SD or mean with 90% confidence intervals (90% CI) where specified. Asymmetry i-
Standardised differences in muscle strength asymmetry for muscle strength qualities among soccer, cricket and court-sport athletes.

For CMJ-RSImod, %MSA was possibly lower in soccer compared to both cricket (ES = 0.28 ± 0.40; 63/35/3) and court-based (ES = 0.28 ± 0.40; 63/35/3) athletes. SLH %MSA was possibly higher in cricket athletes compared to both soccer (ES = 0.27 ± 0.38; 62/36/2) and court-based (ES = 0.23 ± 0.36; 56/42/3). ECC-EXT %MSA was possibly higher for soccer athletes compared to both cricket (ES = 0.22 ± 0.39; 54/43/4) and court-based (ES = 0.18 ± 0.36; 46/50/4) athletes. Unclear-to-possibly trivial differences were observed for all other comparisons.

The present report sought to determine differences in %MSA in muscle strength qualities among soccer, cricket and court-based athletes. The results of this report indicate differences in %MSA exist, relative to the sport and muscle strength quality examined. The findings of the current report may provide insights for diagnosis of MSA, and present normative MSA data for specific muscle strength qualities across field- and court-based athletes participating in soccer, cricket, basketball and netball. Previous research suggests that MSA’s are task- and muscle strength quality-specific, which may help in diagnosis and monitoring of MSA.

Practical Applications
- Differences in %MSA values in muscle strength qualities exist among field- and court-based athletes.
- This report has provided normative %MSA values for CMJ-JH (12-16%), CMJ-RSImod (14-16%), SLH (4-5%), IMTP-PF (4-5%) and ECC-EXT (12-16%), which coaches and researchers can use for training and monitoring purposes.
- %MSA values are variable- and muscle strength quality-specific, which may help in diagnosis and monitoring of MSA.

Limitations
- This report did not address the influence of positional differences on MSA, as players of different positions within the same sport may exhibit different levels of MSA.
- Testing for all athletes was conducted in the pre-season period of their respective sports, therefore time in season may alter an individual’s MSA.

Acknowledgments. We are thankful to the athletes for their participation.
Table 1. Comparisons of % muscle strength asymmetry among muscle strength qualities between soccer, cricket and court-based athletes.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Soccer</th>
<th>Cricket</th>
<th>Court</th>
<th>Soccer vs Cricket</th>
<th>Soccer vs Court</th>
<th>Cricket vs Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMJ-JH (m)</td>
<td>11.58 ± 7.11</td>
<td>12.73 ± 10.68</td>
<td>12.90 ± 8.78</td>
<td>-11.7 ± 34.6</td>
<td>0.00 ± 36.6</td>
<td>13.2 ± 47.8</td>
</tr>
<tr>
<td>CMJ-RSImod</td>
<td>13.60 ± 10.17</td>
<td>16.32 ± 12.34</td>
<td>15.75 ± 10.80</td>
<td>27.6 ± 51.0</td>
<td>29.6 ± 49.8</td>
<td>1.6 ± 33.3</td>
</tr>
<tr>
<td>SLH (m)</td>
<td>3.81 ± 3.50</td>
<td>5.08 ± 4.21</td>
<td>4.31 ± 5.08</td>
<td>34.1 ± 56.9</td>
<td>3.7 ± 6.7</td>
<td>-22.7 ± 31.8</td>
</tr>
<tr>
<td>IMTP-PF (N.kg(^{-1}))</td>
<td>3.93 ± 3.70</td>
<td>4.81 ± 4.55</td>
<td>4.48 ± 3.36</td>
<td>2.5 ± 56.5</td>
<td>19.5 ± 63.0</td>
<td>16.6 ± 63.1</td>
</tr>
<tr>
<td>ECC-EXT (Nm.kg(^{-1}))</td>
<td>16.03 ± 11.73</td>
<td>12.31 ± 8.18</td>
<td>15.09 ± 9.95</td>
<td>-18.6 ± 29.9</td>
<td>-3.9 ± 38.1</td>
<td>18.0 ± 40.9</td>
</tr>
</tbody>
</table>

Note: ECC-EXT = eccentric extensor; IMTP-PF = isometric mid-thigh pull peak force; SLH = single-leg hop; CMJ-RSImod = countermovement jump reactive strength index-modified; CMJ-JH = countermovement jump height; CI = confidence interval.

References

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Dataset
Dataset available on SportPerfSci.com

Twitter: Follow Christopher Thomas @ChrisThomas7