

TABLE E-1 Comparison of Mean Time to Surgery and Degree of Retraction Between Type-5a and Type-5b Injuries

Type	Characteristics	Subtotal (no. of injuries)	Time to Surgery*† (mo)	Retraction*‡ (cm)	Postoperative Bracing§ (no. of injuries)
Type 5a	Complete (retraction)	30	3.8 (0.3 to 20.7) [± 0.3]	6.7 (2.0 to 20) [± 0.3]	12 (40%)
Type 5b	Complete (retraction with sciatic nerve tethering)	17	33.4 (2.0 to 104) [± 3.3]	10.0 (4.0 to 14) [± 0.5]	16 (94%)

*The values are given as the mean, with the range in parentheses and the 95% confidence interval for the mean in brackets. †P = 0.0007, unpaired t test. ‡P = 0.02, unpaired t test. §P = 0.0003, chi-square test.

TABLE E-2 Comparison of Acute and Chronic Type-5a Injuries

Type	Subtotal (no. of injuries)	Mean Retraction*† (cm)	Postoperative Bracing‡ (no. of injuries)	Hamstring Strength§# (% of value on contralateral side)	Hamstring Endurance#** (% of value on contralateral side)
Type 5a acute	20 (67%)	5.4 (2 to 15) [± 0.3]	4 (20%)	91 $\pm$ 4.8	100 $\pm$ 8.5
Type 5a chronic	10 (33%)	9.8 (4.5 to 20) [± 1.1]	8 (80%)	77 $\pm$ 5.7	80 $\pm$ 12.6

*The values are given as the mean, with the range in parentheses and the 95% confidence interval for the mean in brackets. †P = 0.05, unpaired t test. ‡P = 0.0041, Fisher exact test. §P = 0.009, unpaired t test. #The values are given as the mean and the 95% confidence interval. **P = 0.04, unpaired t test.

TABLE E-3 Mean Hamstring and Quadriceps Strength and Hamstring and Quadriceps Endurance According to Injury Type*

Type	Hamstring Strength†	Hamstring Endurance‡	Quadriceps Strength	Quadriceps Endurance	Standardized Hamstring Strength†	Standardized Hamstring Endurance‡
Type 1	100	82	83	105	120	78
Type 2	53	49	100	97	53	51
Type 3	93	101	102	104	91	97
Type 4	89	90	102	101	87	90
Type 5	79	86	95	102	83	84
Type 5a	87	94	95	105	91	91
Type 5b	63	69	95	94	66	76
All types§	84 ± 1.0	89 ± 1.2	98 ± 0.7	102 ± 0.8	86 ± 1.3	88 ± 1.4
ANOVA#	p < 0.001	p = 0.04	p = 0.17	p = 0.5	p < 0.001	p = 0.3

*All values are given as the percentage of the value on the contralateral side. †The comparison between standardized and nonstandardized hamstring strength demonstrated borderline significance (p = 0.05, paired t test). ‡The comparison between standardized and nonstandardized hamstring endurance demonstrated no significance difference (p = 0.68, paired t test). §The values are given as the mean and the 95% confidence interval for the mean. #Analysis of variance (ANOVA) for six groups (Types 1, 2, 3, 4, 5a, and 5b) demonstrated a highly significant difference between injury types in terms of both hamstring strength and standardized hamstring strength, a significant difference between injury types in terms of hamstring endurance before standardization, and no significant differences between injury types in terms of quadriceps strength, quadriceps endurance, and standardized hamstring endurance.

TABLE E-4 Mean Hamstring and Quadriceps Strength and Endurance According to Chronicity

Type	Subtotal (no. of injuries)	Hamstring Strength*† (% of value on contralateral side)	Hamstring Endurance*† (% of value on contralateral side)	Quadriceps Strength* (% of value on contralateral side)	Quadriceps Endurance* (% of value on contralateral side)	Standardized Hamstring Strength*† (% of value on contralateral side)	Standardized Hamstring Endurance*† (% of value on contralateral side)
Acute	29	86 ± 1.6	91 ± 2.1	98 ± 1.3	103 ± 1.6	88 ± 1.2	88 ± 2.5
Chronic	32	81 ± 1.7	85 ± 2.2	97 ± 0.8	100 ± 1.0	85 ± 1.3	88 ± 2.8

*The values are given as the mean and the 95% confidence interval for the mean. †No significant difference between acute and chronic groups (p > 0.05, unpaired t test).

TABLE E-5 Mean Hamstring Strength, Hamstring Endurance, Quadriceps Strength, and Quadriceps Endurance According to the Requirement for Bracing

Type	Subtotal (no. of injuries)	Hamstring Strength*† (% of value on contralateral side)	Hamstring Endurance*‡ (% of value on contralateral side)	Quadriceps Strength*§ (% of value on contralateral side)	Quadriceps Endurance*§ (% of value on contralateral side)	Standardized Hamstring Strength*§ (% of value on contralateral side)	Standardized Hamstring Endurance*# (% of value on contralateral side)
Brace	23	71 ± 2.3	75 ± 2.9	93 ± 1.3	101 ± 1.8	80 ± 2.1	77 ± 3.9
No brace	38	90 ± 0.7	96 ± 1.2	100 ± 0.3	102 ± 0.6	90 ± 0.8	94 ± 1.7

*The values are given as the mean and the 95% confidence interval for the mean. †P = 0.00006, unpaired t test. ‡P = 0.004, unpaired t test. §P > 0.05, unpaired t test. #P = 0.002, unpaired t test.

TABLE E-6 Comparison of Acute and Chronic Complete Avulsions with Retraction (Type 5)

Type	Subtotal (no. of injuries)	Mean Retraction*† (cm)	Postoperative Bracing‡ (no. of injuries)	Hamstring Strength§# (% of value on contralateral side)	Hamstring Endurance§** (% of value on contralateral side)
Complete acute	21 (45%)	5.4 (2 to 15) [±1.2]	6 (29%)	88.5 ± 9.8	95.7 ± 13.3
Complete chronic	26 (55%)	9.9 (4 to 20) [±1.6]	23 (89%)	70.3 ± 9.8	76.6 ± 13.8

*The values are given as the mean, with the range in parentheses and the 95% confidence interval for the mean in brackets. †P = 0.001, unpaired t test. ‡P = 0.00004, Fisher exact test. §The values are given as the mean and the 95% confidence interval for the mean. #P = 0.0008, unpaired t test. **P = 0.03, unpaired t test.