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1 High-velocity elastic-band training improves hamstring muscle activation
2 and strength in basketball players

3 Sigitas Kamandulis^a, Donatas Janusevicius^a, Audrius Snieckus^{a*}, Danguole Satkunskienė^a, Albertas
4 Skurvydas^a, Hans Degens^{ab}

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7 ^a Lithuanian sports university, Lithuania

8 ^b Department of Life Sciences, Research Centre for Musculoskeletal Science & Sports Medicine,
9 Manchester Metropolitan University, United Kingdom

10 *Corresponding author: audrius.snieckus@lsu.lt (A. Snieckus)

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28 ABSTRACT

29 The aim of this study was use surface EMG activity to assess changes in co-activation of knee flexors and
30 extensors muscle groups during elastic-band exercise after 5 weeks of high-velocity elastic-band training in
31 basketball players. College male basketball players (n = 18) were randomly divided into one of two groups:
32 (1) The elastic-band training group performed low-load and high-velocity - lying prone - hamstring curls
33 training three times per week on top of their usual training; (2) The control group did not do any additional
34 training. Pre- and post- training assessment included concentric knee extension and flexion at 60°/s and 240°/s,
35 and the frequency of knee flexion and extension with elastic bands in the prone position. The EMG of the
36 rectus femoris, semitendinosus muscles and the long head of the biceps femoris were assessed during these
37 activities, and 30-m sprint running speed was measured from a stationary start and a running start. It was shown
38 that high-velocity elastic-band training was 1) feasible, 2) increased movement velocity and 3) muscle strength,
39 4) altered neural control such that excessive lengthening of the hamstring muscle, and hence strain-injuries,
40 may be prevented and 5) improved sprint performance in basketball players. In addition, these results suggest
41 that high-velocity elastic-band training may be a tool to prevent hamstring strain-injuries in basketball players.

42

43 **1. Introduction**

44

45 Power sports are associated with a high incidence of hamstring muscle strain-type injuries (Ekstrand et
46 al., 2016; Freckleton and Pizzari, 2013; Mendiguchia et al., 2012). Eighty percent of hamstring injuries occur
47 in the long head of the biceps femoris (Chumanov et al., 2011; Opar et al., 2012) during high-speed actions
48 (e.g., sprinting and jumping), especially at a longer-than-optimal length (Askling et al., 2007; Schache et al.,
49 2010). The semimembranosus–tendon connection is more susceptible during activities such as high kick or
50 decelerating actions (Askling et al., 2012).

51 Muscle weakness is an important risk factor for hamstring injury (Foreman et al., 2006). Resistance
52 training using weight machines or own body weight, such as Nordic hamstring exercise, are the most prevalent
53 training programmes to increase hamstring strength as a means to prevent such injuries (Bourne et al., 2018;
54 Franchi et al., 2014; Mjøl̄snes et al., 2004; Potier et al., 2009; Schache et al., 2012). Yet, the success of these
55 programmes is limited, as the incidence of hamstring muscle injuries remains high (Ekstrand et al., 2016). One
56 of the causes may be that the applied exercises are mainly performed at low speed while most injuries occur
57 during high-speed actions. It has hitherto not been investigated whether high-velocity exercises may provide
58 a better protection against hamstring injuries.

59 The feasibility of high-velocity training modalities to increase hamstring strength is illustrated in non-
60 athletes by the increase in knee extensor and knee flexor strength after elastic-band exercise training with a
61 high frequency of knee flexion and extension (lying prone curls) (Janusevicius et al., 2017). In addition to
62 increased strength, they observed a decrease in hamstring co-activation at high muscle contraction velocities
63 that translated in better sprint performance. Part of these adaptations seem to be associated with neural
64 adaptations, but it should be noted that neural adaptations were deduced from the EMG activity during
65 isokinetic contractions, but not during knee flexion and extension during elastic-band exercise. It also
66 important to note that the previous study (Janusevicius et al., 2017) was performed with non-athletes, who are
67 likely to exhibit a stronger response to any exercise than athletes, and therefore benefits of such training for
68 athletes remains to be established.

69 Therefore, the main objective of the current study was to determine changes in co-activation of knee
70 flexors and extensors muscle groups during elastic-band exercise after 5 weeks of high-velocity elastic-band
71 training in basketball players using surface EMG. We hypothesized that elastic-band training enhances muscle

72 co-activation particularly during knee flexion and during transition from the flexion to the extension phases
73 because elastic band provides greater resistance at the end of the hamstring concentric action, where more
74 control of antagonistic muscle length is required (Israetel et al., 2010). The results will show not only whether
75 elastic-band training is feasible in athletes, but also whether it results in changes that are conducive to prevent
76 strain injuries, particularly during high-end performance. If the outcome of the study is positive, the next stage
77 will be to study the efficacy of this programme to reduce the incidence of hamstring injuries in basketball
78 players.

79

80 **2. Methods**

81

82 2.1. Subjects

83

84 Subjects were Lithuanian college division II male basketball players (mean \pm standard deviation (SD)) (n
85 = 18, age 21.5 ± 1.7 years, weight 83.5 ± 8.9 kg, height 192.5 ± 5.4 m) who had trained 5 to 10 years. They
86 were randomly divided into one of two groups: (1) The elastic band training (EBT, n = 10) group performed
87 low-load and high-velocity - lying prone - hamstring curls training on top of their usual training; (2) The
88 control (CON, n = 8) group that did not do any extra training. The 2 groups did not differ significantly in age,
89 body mass and height. The experiment was performed during the off-season period when basketball players
90 were supposed to rest and they were encouraged to avoid additional intense activities during the study.
91 Potential participants were excluded from the study if they had performed plyometric or resistance training
92 during the last 2 months. The regional ethics committee approved the study. Written informed consent was
93 obtained from each subject.

94

95 2.2. Training program

96

97 The training program consisted of 5 weeks of hamstring curl exercise performed with TheraBand™ silver
98 rubber bands at maximum velocity for 4 s with full range of motion while lying prone. The subjects all started
99 with a 1-m length. When the subject increased movement rate by one cycle per 4 s, resistance was added by
100 increasing the band length by 1 m (100% elongation). The hamstring curls were filmed with a Sony 25-Hz

101 Digital camera to calculate the number of movements per s. The subjects performed 4–6 sets with a 5-min rest
102 between sets. TheraBand™ silver rubber provides 4.6 kg resistance at 100% elongation. Most subjects were
103 able to reach 300% elongation during the training program.

104 The warm-up consisted of 15 min of slow jogging, 10 min of dynamic stretching and 5 min of running
105 drills at intensities of 70%, 80%, and 90% of maximum. Participants performed a total of 15 sessions over 5
106 weeks, three times per week on Mondays, Wednesdays and Fridays, with ≥ 48 h between each session. Each
107 single training session lasted for 1 h.

108

109 *2.3. Procedure*

110

111 Testing was performed 1 week before and 3–4 days after the training period. On each day of testing, age,
112 body height (to the nearest 0.1 cm, Martin, GPM instrument, Siber Hegner, Switzerland), and body mass (to
113 the nearest 0.1 kg, TBF-300 Body Composition Analyzer, Tanita, Philpots Close, UK) were measured. Then
114 the participants performed a standardized warm-up for 15 min, which comprised 10 min of bicycle pedalling.
115 After the warm-up, the concentric peak torque of the knee extensor and flexor muscles was measured at 60°/s
116 and 240°/s using an isokinetic dynamometer (System 3; Biodex Medical Systems, Shirley, NY, USA).
117 Electromyographic activity (EMG) of the rectus femoris (RF), semitendinosus muscles (ST) and the long head
118 of the biceps femoris (BF) was assessed during dynamometry using an MP150 system (Biopac Systems, Inc.,
119 Goleta, CA, USA). The EMG of these muscles was also recorded during hamstring curls, while lying prone.
120 On the next day, participants performed a standardized warm-up for 20 min comprising 10 min of slow jogging,
121 5 min of dynamic stretching and 5 min of running drills. They then completed four 30-m runs, with 5 min rest
122 between: two from a stationary starting position and two after a run-up as a measure of speed after a flying
123 start. All assessment procedures were repeated in the same order after the training program. The study was
124 partly blinded as training, testing and analysis were performed by different researchers, while only one
125 researcher took part at each study stage.

126

127 *2.4. Dynamometry*

128

129 An isokinetic dynamometer (System 3; Biodex Medical Systems) was used to measure concentric peak
130 torque of the knee extensor and flexor muscles. The participants were strapped with a double shoulder seat
131 belt to stabilize the upper body. The distal ends of the thigh and shank were strapped to the seat and the
132 dynamometer arm, respectively. The rotational axis of the dynamometer was aligned with the knee joint axis.
133 The subjects performed three maximal contractions at angular velocities of 60°/s and 240°/s. Sampling rate
134 was 100 Hz. Each contraction was separated by a rest of at least 2 min to prevent the development of fatigue.
135 The highest peak torque for each test was used for further analysis. Intra-class correlation coefficient of peak
136 torque varied from 0.85 to 0.95 depending on exercise mode and velocity.

137

138 *2.5. Electromyography*

139

140 Electromyograms (EMG) were obtained with a MP150 system (Biopac Systems, Inc.). Three self-
141 adhesive disposable Ag–AgCl electrodes (10-mm diameter, Ceracarta, Forlì (FC), Italy) were placed over the
142 hamstring and quadriceps muscles with a 20-mm inter-electrode distance, and the ground electrode was
143 positioned on the knee. The skin at the electrode sites was shaved and cleaned with alcohol wipes. After
144 positioning the electrodes, a quality check was performed to ensure EMG signal validity. The EMG was
145 acquired with a 1000-Hz sampling frequency and filtered using analogue high-pass (10 Hz) and low-pass (500
146 Hz) filters. Muscle activation was assessed using the root mean square (RMS) of the EMG signal during
147 flexion, the transition between flexion and extension (flexion-extension), extension, and the transition between
148 extension and flexion (extension-flexion) during the hamstring curls with elastic bands (Fig 1). The RMS
149 values were averaged during each phase and expressed as a percentage of the peak RMS during isokinetic knee
150 flexion and extension (references to 100%). Intra-class correlation coefficient of the RMS of the EMG signal
151 varied from 0.66 to 0.85 depending on exercise mode and velocity.

152

153

154 *Figure 1 about here*

155

156

157 *2.6. Running time registration*

158

159 To record the sprint times over 30 m, a Brower Timing System (Draper, UT, USA) was used with photo
160 gates placed at 0 m and 30 m. Two trials were performed from the starting position, which was 70 cm from
161 the first photo-sensing element, and two additional trials were performed from 25-m run up. All trials were
162 completed at maximum velocity. A recovery of about 5 min was allowed between each trial. The best result
163 was used for analysis. Running time registration accuracy is ± 1 ms according to the instrument's manual.
164 High reliability was observed for these tests with the intraclass correlation coefficients above 0.95.

165

166 *2.7. Lying prone hamstring curls*

167

168 We used a Sony 25-Hz digital camera to record knee flexion and extension movement frequency. Each
169 participant lay in a prone position on a mattress with the knees straight. He then lifted each foot, by bending
170 the knee to bring the foot toward the buttocks. Both feet were tested at the same time. The movements were
171 performed as quickly as possible for 4 s. The frequency and each curl phase duration were counted. The intra-
172 class correlation coefficient of knee flexion and extension frequency was 0.85.

173

174 *2.8. Statistical analyses*

175

176 The data are presented as the arithmetic mean \pm SD. The Shapiro–Wilks test showed that all data were
177 normally distributed. Independent samples t-test was used to compare pre-training values between groups. The
178 effects of group (EBT vs CON) and time (pre vs post training) on the measured variables were compared using
179 a two-way general linear model repeated-measures ANOVA with appropriate Greenhouse–Geisser correction
180 for sphericity as required. The same method was used to establish the effect of contraction phase (flexion,
181 flexion-extension, extension and extension-flexion) or muscle group (RF, BF and ST) and time (pre vs post
182 training) separately in each group. If a significant interaction was found, a one-way ANOVA was performed
183 to locate the differences between means. Pearson's correlation coefficients were calculated to examine the
184 relationship between variables in each group. Correlation magnitudes were: nearly perfect ($r > .9$), very large
185 ($.7 < r < .9$), large ($.5 < r < .7$), moderate ($.3 < r < .5$), small ($.1 < r < .3$), or trivial ($r < .1$) according to Hopkins

186 (2000). For all statistical tests, differences were regarded as significant when $p < 0.05$. All of the analyses were
187 performed using SPSS 20.0 softwares (SPSS Inc., Chicago, Illinois, USA).

188

189 3. Results

190

191 *Figure 2 about here*

192

193 *Movement frequency and duration.* Training increased hamstring curls from 9.0 ± 1.9 to 11.2 ± 1.4 per 4
194 s in the EBT group (by 25.7%, $P < 0.05$) and from 9.4 ± 1.3 to 9.7 ± 1.5 per 4 s in the CON group (by 2.6%, P
195 > 0.05). This was accompanied with a reduction in single curl duration in the EBT group ($P < 0.05$, Fig 2),
196 which was evident for each phase of the curl (Fig. 2). In the CON group, there were no significant main effects
197 of duration for any parameter ($P > 0.05$ for all comparisons).

198

199 *Figure 3 about here*

200

201 *Electromyography.* There was no significant time x contraction phase interaction for RMS ($p > 0.05$ for
202 both groups) indicating that changes over time were similar for each contraction phase. There was a significant
203 time x group interaction for the normalized RMS, reflected by different changes in the EBT and CON group
204 over time ($P < 0.05$, Fig. 3A & C). The RMS increased for BF and RF in EBT group ($P < 0.05$) but not for ST
205 muscle whereas there were no significant alterations in RMS in the CON men (Fig. 3BC. In addition, the
206 duration of EMG activity was significantly shorter for the ST and BF during flexion, and the RF, BF and ST
207 during extension and flexion-extension ($P < 0.05$, Fig. 3B). The EMG duration was longer for the RF during
208 flexion, and for the BF and ST during extension after training ($P < 0.05$, Fig 3 B), but no change was seen in
209 the CON group (Fig. 3D). Hamstring curl frequency was related with the increase in antagonist muscle
210 activation during flexion ($r = 0.48$ for RF muscle, $p < 0.05$) while other correlations were not significant.

211

212 *Figure 4 about here*

213

214 *Muscle strength and running performance.* Although there were significant main effects of time, group
215 and contraction type ($P < 0.05$ for all cases, Fig. 4), the significant time x velocity interaction was reflected by
216 a 21.5% increase at low and 25.8% at high velocities in EBT group ($P < 0.05$ for both velocities, Fig. 4), but
217 not in the CON group.

218 Running performance over 30 m was improved by 1.6% from the starting position and by 2.1% from
219 flying start ($p < 0.05$). Hamstring curls frequency was moderately related to running performance from starting
220 position ($r = -0.43$, $P < 0.05$) but there was no significant relationship between performance and strength during
221 flexion or extension ($r = 0.33$ and $r = 0.29$, $P > 0.05$). There was an inverse correlation between increase in
222 flying start performance and increase in ST and RF activation duration during hamstring curl flexion phase (r
223 $= -0.52$ and $r = -0.44$, $P < 0.05$).

224

225 *Figure 4 about here*

226

227 **4. Discussion**

228

229 The main observations of the present study are that high-velocity elastic-band hamstring training not only
230 results in a slight improvement in sprint performance, but more importantly increases in knee flexion strength
231 and altered hamstring muscle recruitment during flexion-extension cycles that likely prevent excessive
232 lengthening of muscles during exercise, such as basketball playing. These benefits of high-velocity hamstring
233 elastic-band training may well translate into a lower incidence of strain-type injuries in the hamstrings. Future
234 studies will explore this further.

235 It was anticipated that the maximal velocity of movement increases markedly with elastic-band training
236 in basketball players as demonstrated in non-athletes (Janusevicius et al., 2017). Although one might expect a
237 less pronounced adaptation, as basketball players already regularly perform power and strength exercise
238 (Montgomery et al., 2010), the magnitude of the training effect was similar to that seen in non-athletes
239 (compared indirectly with (Janusevicius et al., 2017)). This similar adaptation may be related to the training
240 being off-season, when training load and volume are low. It also important to note that elastic-band training
241 was unfamiliar to both groups.

242 Neural adaptations have been proposed as the main mechanism for improved performance after high-
243 speed training (DeWeese et al., 2015; Ross and Leveritt, 2001). In line with this we observed an increased
244 activation of the BF and RF muscles (but not for ST). Such an enhanced activation of BF and RF may
245 reciprocally protect the muscles against excessive length changes during explosive force production (first 50-
246 75 ms), possibly as a result of increased motor unit recruitment in the hamstring muscles (Del Vecchio et al.,
247 2019; Grazioli et al., 2019; Maffiuletti et al., 2016). Enhanced motor-unit firing at high frequencies and earlier
248 recruitment of motor units has been previously demonstrated after explosive resistance training (Cormie et al.,
249 2011; Folland and Williams, 2007; Griffin and Cafarelli, 2005). Contrary to our hypothesis, similar changes
250 in muscle activation occur at different contraction phases even though loading was greater during knee flexion
251 than during extension. Furthermore, the antagonist muscle activity duration remained the same or increased
252 despite much shorter knee flexion or extension duration after training. While increased antagonist muscle
253 activity does not stop movement, it has to switch-on earlier in case of high-speed movement. This indicates
254 that not only activation magnitude but also task-specific improvements in cooperation between muscles is
255 essential for high-speed performance

256 Our data are in agreement with other researchers who have found an increase in muscle strength after
257 elastic band training (Colado et al., 2010; de Oliveira et al., 2017; Ghigiarelli et al., 2009; Lopes et al., 2019).
258 We found that low-resistance/high-speed training particularly favours the development of torque at high
259 velocities. It was less expected that both knee flexors and knee extensor torque increased. While knee extensors
260 are less loaded during concentric contraction lying prone than when sitting, their activity is high during flexion
261 deceleration in their antagonistic role. In this context it is interesting to note that the gains in force after training
262 are not so much related to activation level, but rather to gains in the force generating capacity (Calatayud et
263 al., 2015), that in addition is at a given activation level also higher during eccentric than concentric
264 contractions.

265 The eccentric and concentric strength gains were more pronounced at high than low velocity contractions
266 in both knee extensors and flexors and suggest altered force–velocity–power relationships (Israetel et al., 2010)
267 that would favour sprint performance. Comparable results have been demonstrated for squat and bench press
268 after training with elastic bands (Baker and Newton, 2008; Israetel et al., 2010) or sprint performance after
269 resisted sled training (Alcaraz et al., 2018). However, rather than changes in the force-velocity-power
270 relationship, the observed adaptations may be related more to neural adaptations, as indicated by the changes

271 in recruitment during elastic-band exercise we observed, and the expected absence of muscle hypertrophy after
272 training with elastic bands for a short period (Van Cutsem et al., 1998). Also other peripheral mechanisms may
273 play a role, such as increased tendon stiffness that enhances effective force transmission (Kubo et al., 2007),
274 but so far we are not aware of studies on the effect of elastic-band training on tendon properties.

275 It is of interest to note that an elastic band provides resistance in a way that makes it possible to initially
276 reach high velocities, as at the start the contraction is almost unloaded. High velocities are considered essential
277 for speed and power training (Behm and Sale, 1993; Cronin et al., 2002; Haff and Nimphius, 2012; Mazani et
278 al., 2018). The programme also follows other power training recommendations, such as short exercise duration
279 (4 s), sufficient rest between repetitions to avoid fatigue (3-5 min) and low training volume to avoid overall
280 neuromuscular system fatigue (up to six repetitions three times per week). No concurrent training was applied
281 during the study period. All these settings were important to achieve greater speed, force and power. We do
282 not expect that this training will interfere with the usual training programmes in season, but this is something
283 for further study.

284 Our observations do not enable us to conclude that elastic-band high-velocity training is an efficient
285 approach to prevent hamstring injury incidence in athletes. However, muscle weakness (Bourne et al., 2018;
286 Croisier, 2004; Opar et al., 2012; Shadle and Cacolice, 2017; Shield and Bourne, 2018; Yeung et al., 2009),
287 low strength at high velocities and lack of muscle activation are associated with a high risk of hamstring injuries
288 (Ekstrand et al., 2012). Therefore, the increased muscle strength and altered recruitment pattern of the
289 hamstring muscles we observed are promising. We acknowledge that it has been reported that most of
290 isokinetic knee flexor, knee extensor and hip extensor outputs at angular velocities ranging 30-300°/s had
291 moderate or strong evidence for no association with future hamstring injury (Green et al., 2018). However, we
292 believe that the combination of enhanced strength and altered neural control after high-velocity elastic-band
293 training is a potential approach to reduce the incidence of hamstring injuries in basketball players.

294 The small sample size may be a study limitation but is rather typical for training studies
295 (Kamandulis et al., 2012; Pliauga et al., 2018; Snieckus et al., 2013). Another limitation was that eccentric
296 torque assessment has not been carried out during isokinetic measurements, which may have provided
297 further insight in the changes induced by high-velocity elastic-band training. We also cannot exclude
298 the possibility that some difficulties with test standardization, such as a controlled range of
299 movement, during hamstring curls may have influenced some of the data. We think this will have a
300 minor impact on the data as we made intra-individual comparisons.

301

302 **5. Conclusions**

303

304 The results of this study demonstrated that high-velocity elastic-band training was 1) feasible, 2) increased
305 movement velocity, 3) muscle strength, 4) altered neural control such that excessive lengthening of hamstring
306 muscles and hence strain-injuries may be prevented and 5) improved sprint performance in basketball players.
307 These results are promising and suggest that high-velocity elastic-band training may be a tool to prevent
308 hamstring strain-injuries in basketball players.

309

310 **Conflict of interest**

311 The authors have no conflicts of interest to report.

312

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314

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458 **Figures captions**

459

460 **Fig. 1.** Outline of EMG signal recording for rectus femoris (RF), long head of the biceps femoris (BF)
461 and semitendinosus (ST) muscles during hamstring curls lying prone extension, extension-flexion, flexion and
462 flexion-extension phases

463

464 **Fig. 2.** Duration of A) flexion, B) flexion-extension, C) extension and D) extension-flexion phases during
465 hamstring curls lying prone in elastic band training (EBT) and control (CON) groups (average \pm SD). *P <
466 0.05 compared to pre-exercise (Pre) value.

467

468 **Fig. 3.** (A, C) Root mean square (RMS) and (B, D) duration of the EMG signal changes for rectus femoris
469 (RF), long head of the biceps femoris (BF) and semitendinosus (ST) muscles during hamstring curls lying
470 prone in elastic band training (A, B) and control (C, D) groups (average \pm SD). RMS data were reported as a
471 percentage of the maximum voluntary concentric contraction at angular velocity of 60°/s. *P < 0.05 compared
472 to pre-exercise (Pre) value.

473

474 **Fig. 4.** Peak torque of knee extension (A, C) and flexion (B, D) and 30-m running (E, F) performance
475 changes in elastic band training (EBT) and control (CON) groups (average \pm SD). *P < 0.05 compared to pre-
476 exercise (Pre) value.