Subjects fulfill inclusion criteria

Informed consent, risks, and benefits discussed

Participants allocated to either of the two groups

Concentric isokinetic training group

Eccentric isokinetic training group

Pre-intervention evaluation for PTecc, PTcon, AThams, ATquad, DThams, DTquad,TPThams,and TPTquad

Pre-intervention evaluation for PTecc, PTcon, AThams, ATquad, DThams, DTquad,TPThams,and TPTquad

Intervention:

Concentric isokinetic training of hamstring muscle was performed at 600/sec for 6 weeks.

Intervention:

Eccentric isokinetic training of hamstring muscle was performed at 600/sec for 6 weeks

Post-intervention evaluation for PTecc, PTcon, AThams, ATquad, DThams, DTquad,TPThams,and TPTquad

Post-intervention evaluation for PTecc, PTcon, AThams, ATquad, DThams, DTquad,TPThams,and TPTquad

Data collection

Data Analysis