

Supplementary material

Table S1. Effect size between groups.

Measurement	Rugby (<i>n</i> = 16)	Controls (<i>n</i> = 16)	<i>p</i> -value (Cohen's <i>d</i> effect size)
Distance (cm)			
IRD	0.44 (0.13) *	0.44 (0.37–0.60) †	0.367 † (0.00)
Thickness (cm)			
Right TrAb	0.41 (1.06–1.03) †	0.33 (0.07) *	0.011 † (0.10)
Right IO	0.93 ± 0.07 *	0.80 ± 0.12 *	0.003 ** (1.32)
Right EO	0.73 ± 0.13 *	0.64 ± 0.11 *	0.045 ** (0.74)
Right RA	1.19 ± 0.12 *	1.03 ± 0.11 *	0.001 ** (1.38)

Abbreviations: EO, external oblique; IO, internal oblique; IRD, interrecti distance; RA, rectus anterior; TrAb, transversus abdominis. * Mean (standard deviation) was applied. ** Student's *t*-test for independent samples was performed. † Median (25th percentile, 75th percentile) was used. ‡ Mann-Whitney *U* test was utilized.