

Exercise-based training strategies to reduce the incidence or mitigate the risk factors of anterior cruciate ligament injury in adult football (soccer) players: a systematic review

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International journal of environmental research and public health

2021; 18(24):e13351

ARTICLE IDENTIFIERS

DOI: 10.3390/ijerph182413351

PMID: 34948963

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2005243248

pISSN: 1661-7827

eISSN: 1660-4601

OCLC ID: 57519745

CONS ID: not available

US National Library of Medicine ID: 101238455

This article was identified from a query of the SafetyLit database.