

The effect of progressive and individualised sport-specific training on the prevalence of injury in football and handball student athletes: a randomised controlled trial

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Frontiers in sports and active living

2023; 5:e1106404

ARTICLE IDENTIFIERS

DOI: 10.3389/fspor.2023.1106404

PMID: 37346384

PMCID: PMC10279870

JOURNAL IDENTIFIERS

LCCN: 2020243215

pISSN: not available

eISSN: 2624-9367

OCLC ID: 1117849852

CONS ID: not available

US National Library of Medicine ID: 101765780

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