

The effects of exercise-based injury prevention programmes on injury risk in adult recreational athletes: a systematic review and meta-analysis

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Sports medicine

2023; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1007/s40279-023-01950-w

PMID: 37889449

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0112-1642

eISSN: 1179-2035

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

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