Still poorly adopted in male professional football: but teams that used the Nordic Hamstring Exercise in team training had fewer hamstring injuries - a retrospective survey of 17 teams of the UEFA Elite Club Injury Study during the 2020-2021 season

Ekstrand J, Bengtsson H, Waldén M, Davison M, Hägglund M. BMJ open sport and exercise medicine 2022; 8(3):e001368

ARTICLE IDENTIFIERS

DOI: 10.1136/bmjsem-2022-001368 PMID: 35979432 PMCID: PMC9315904

JOURNAL IDENTIFIERS

LCCN: not available pISSN: 2055-7647 eISSN: not available OCLC ID: not available CONS ID: not available US National Library of Medicine ID: not available

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