

ACCIONS de medicina del deporte

Órgano de expresión de la Sociedad Española de Medicina del Deporte

207 Volume 39(1) anuary - February 2022





ORIGINAL ARTICLES

Analysis of the potential of Elevation Training Mask on biomarkers, respiratory parameters, and sports performance indicators: what ergogenic mechanisms are involved? Systematic review

Cardiorespiratory response to high intensity interval exercise in endurance-trained postmenopausal women

Psychological programs in sport injury rehabilitation processes

Analysis of the variations in balance and proprioception in relation to the practice of surfing: a pilot study

REVIEWS

Effects of heat on performance in resistance sports in the various intensity-duration domains: review article

Improving hamstring flexibility through physical education based interventions: a systematic review and meta-analysis



