ACCIONS de medicina del deporte





Órgano de expresión de la Sociedad Española de Medicina del Deporte

ORIGINAL ARTICLES

Effects of water aerobic exercise on perceived pain and cardiac variability in women with fibromyalgia

Comparison of performance-related responses to an endurance running training between untrained men and women

Ferritin status impact on hepcidin response to endurance exercise in physically active women along different phases of the menstrual cycle

Deep-water running training at moderate intensity and high intensity improves pain, disability, and quality of life in patients with chronic low back pain: a randomized clinical trial

COVID-19 and home confinement: data on physical activity

Comparison of intensity and post-effort response in three interval trainings in young tennis players: running interval, specific interval, and specific intermittent training

REVIEWS

Optimal timing in creatine supplementation to improve sports performance

Effects of physical exercise and intermittent fasting for health: a Systematic review



