



RESOURCES

Scientific papers

Behm DG, Alizadeh S, Daneshjoo A, Konrad A. Potential Effects of Dynamic Stretching on Injury Incidence of Athletes: A Narrative Review of Risk Factors. *Sports Med.* 2023 Jul;53(7):1359-1373. doi: 10.1007/s40279-023-01847-8. Epub 2023 May 10. PMID: 37162736; PMCID: PMC10289929.