**Morphological changes of the lateral abdominal muscles in adolescent football players**

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**Article type**: full length paper or short communication

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**Title of the study**

**Abstract**

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Key words: Word one; Word two; Word three; Word four; Word five; Word six

**Introduction**

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**Material and Methods**

 General information on methods and design of the study. General information on methods and design of the study. General information on methods and design of the study.General information on methods and design of the study.

*Material*

 Material description. Material description. Material description. Material description. Material description. Material description.

*Methods*

*Procedures*

*Statistical analysis*

**Results**

**Discussion**

**References**

[1]. Pulkovski N, Mannion AF, Caporaso F, Toma V, Gubler D, Helbling D, et al. Ultrasound assessment of transversus abdominis muscle contraction ratio during abdominal hollowing: a useful tool to distinguish between patients with chronic low back pain and healthy controls? Eur Spine J 2012; 21:750-9. doi:10.1007/s00586-011-1707-8.

1. Department of..., Academy of..., City, Country [↑](#footnote-ref-1)
2. Department of..., Academy of..., City, Country [↑](#footnote-ref-2)