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## Editorial

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The studies published in this issue cover different areas within physical activity and sport. *MLS Sport Research* aims to publish original research and review articles in basic, applied, and methodological areas that contribute to progress in the field of Physical Activity and Sport Sciences.

The first article addresses the "Comparison of Foam Roller types by assessing their acute effect on the rectus femoris muscle using Tensiomyography." The use of the Foam Roller is a relatively new myofascial release technique that is experiencing a considerable increase in the sports and health environment. The aim of the study was to compare the various types of FRs by evaluating their acute effect on the rectus femoris muscle using Tensiomyography (TMG), taking into account the variables Maximum deformation (Md) and Contraction Time (Ct).

The second study is entitled "Athletics, rugby and football: assessment of motivation and self-compassion throughout the season." Research based on motivation and self-compassion has shown that they are personal characteristics that influence the development of each individual. The aim of this study was to analyze the evolution of motivation and self-compassion throughout a complete sports season, in order to assess whether there are differences between the different periods of the season taking into account each sport.

The next study deals with the "Effects of dance in patients with Parkinson: systematic review". The aim of this review was to know the effects of different dance programs on the improvement of symptoms and quality of life in patients with Parkinson's disease. A systematic review of different dance programs was carried out in three databases (Google Scholar, Pubmed, and Dialnet).

The fourth study addresses the "Effects of physical exercise on primary dysmenorrhea. Systematic review." Primary dysmenorrhea is the most common menstrual disorder and is defined as painful menstruation. This health problem reduces the quality of life of more than 70% of the women who suffer from it, so the main objectives of this review were to evaluate whether physical exercise was safe for these women and, knowing its effects on primary dysmenorrhea, to compare the different exercises or training methods, analyzing which are the most effective.

The next of the studies is entitled "Effects of the menstrual cycle on the physical and psychological state of an active woman." The main objectives of this research were to analyze the effects of the different phases of the menstrual cycle on two elements of physical fitness, strength-power and dynamic balance, and on the psychological state of a moderately active woman. A 28-year-old woman, who was taking oral contraceptives, participated in this study.

The issue of the journal is completed with an article on "Anterior cruciate ligament injury (ACL) in Cantabrian football players". Anterior cruciate ligament (ACL) rupture is one of the most problematic injuries in the world of soccer, not only because of the period that will keep the subject inactive, but also because of the sequelae that can occur in the athlete. The aim of this study was to know some of the risk factors and mechanisms of ACL injury in Cantabrian soccer players from the 2016 to 2019 seasons.

Dr. Álvaro Velarde Sotres and Dr. Felipe García Pinillos  
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