



Intelligent Real-Time Biomechanical Monitoring System for Injury Prevention in Endurance Athletes: A Multi-Center Validation Study

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Received on July 17th, revised on August 14th, accepted on August 27th, published on October 10th

Abstract—Background: Endurance sports-related injuries represent a significant burden on athletes' health and performance. Existing injury prevention strategies often lack personalization and real-time feedback, limiting their effectiveness. This study addresses the critical need for a dynamic, data-driven approach to mitigate injury risk. **Methods:** We developed and validated an intelligent real-time biomechanical monitoring system that integrates data from wearable inertial measurement unit (IMU) sensors with a machine learning-based predictive model. The system was designed to identify high-risk biomechanical patterns and provide personalized training recommendations to endurance athletes. **Implementation:** A multi-center, randomized controlled trial was conducted involving 156 endurance athletes (runners and cyclists) from three different training centers. The experimental group (n=78) received real-time feedback and adaptive training plans from the system, while the control group (n=78) followed standard training protocols. **Results:** The system demonstrated high accuracy ($87.3\% \pm 2.1\%$) and sensitivity ($89.2\% \pm 1.8\%$) in predicting injury risk. Over a 6-month follow-up period, the experimental group exhibited a significantly lower injury incidence rate (12.8%) compared to the control group (28.2%), representing a 54.6% relative risk reduction ($p < 0.001$). Key biomechanical parameters, such as knee valgus and ground reaction force, were significantly improved in the experimental group. **Conclusion:** The integration of wearable sensors and machine learning provides a powerful tool for real-time injury risk assessment and personalized prevention in endurance athletes. This intelligent system offers a scalable and effective solution to enhance athlete safety and optimize training, marking a significant advancement in the field of sports science and digital health.

Keywords—Real-time biomechanical monitoring; Machine learning; Injury prevention; Wearable sensors; Personalized training

1. INTRODUCTION

Endurance sports, such as long-distance running and cycling, are associated with a high incidence of

musculoskeletal injuries, which can significantly impact an athlete's career, performance, and overall well-being [1]. The repetitive nature of these activities often leads to overuse injuries, accounting for up to 80% of all sports-related medical consultations [2]. Traditional injury prevention strategies, which typically rely on static training plans, periodic biomechanical assessments, and generalized advice, have shown limited success. These methods often fail to account for the dynamic changes in an athlete's condition, training load, and environmental factors, thus lacking the precision required for effective, individualized injury mitigation [3].

The core problem lies in the reactive rather than proactive nature of current injury prevention paradigms. Athletes and coaches often only become aware of biomechanical inefficiencies or excessive physiological stress after an injury has occurred. While laboratory-based biomechanical analysis provides a gold standard for assessing movement patterns, its high cost, lack of portability, and infrequent application make it impractical for continuous monitoring in real-world training environments [4]. This creates a critical gap between controlled scientific assessment and the dynamic, often unpredictable, context of daily training.

Recent advancements in wearable technology, particularly inertial measurement units (IMUs), have opened new frontiers for continuous and remote monitoring of human movement [5]. These sensors, capable of capturing detailed kinematic data, offer a viable solution for bridging the gap between the laboratory and the field. Concurrently, the application of machine learning (ML) algorithms to biomechanical data has shown great promise in identifying complex patterns and predicting outcomes that are not discernible through traditional statistical methods [6]. ML models can analyze vast, high-dimensional datasets to uncover subtle, non-linear relationships between movement characteristics and injury risk, enabling a more nuanced understanding of individual susceptibility.

Despite these technological advancements, there remains a significant disconnect between the collection of data and its

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translation into actionable, personalized interventions. Most existing systems focus either on data acquisition or retrospective analysis, with few successfully integrating real-time feedback and adaptive training recommendations into a cohesive framework. The challenge, therefore, is not merely to collect more data, but to create an intelligent ecosystem that can interpret this data in real-time, predict impending risks, and deliver timely, personalized guidance to athletes and coaches. This study posits that by synergizing wearable sensor technology with sophisticated ML algorithms, it is possible to create a proactive injury prevention system that is both effective and scalable.

This paper introduces and validates an intelligent real-time biomechanical monitoring system designed to address these limitations. Our primary objective is to evaluate the efficacy of this system in reducing injury incidence among endurance athletes through a multi-center randomized controlled trial. We hypothesize that by providing continuous, data-driven feedback and personalized training modifications, our system can significantly lower injury risk compared to standard training practices. This research is positioned at the intersection of sports science, biomedical engineering, and artificial intelligence, aiming to provide a novel, evidence-based solution for one of the most persistent challenges in endurance sports.

2. RELATED WORK

2.1. *Biomechanical Risk Factors and Traditional Prevention*

The etiology of overuse injuries in endurance sports is multifactorial, with biomechanical inefficiencies being a primary contributor [7]. Research has identified several key kinematic and kinetic parameters associated with increased injury risk, including excessive knee valgus, high tibial shock, increased ground reaction forces (GRFs), and altered foot pronation patterns [8, 9]. Traditional prevention methods have focused on correcting these aberrant patterns through gait retraining, strength and conditioning programs, and orthotic interventions. While these approaches have demonstrated some efficacy, their one-size-fits-all nature often fails to address the unique biomechanical signature of each athlete. Furthermore, the feedback provided is typically delayed and episodic, limiting the potential for real-time adjustments during training.

2.2. *Wearable Sensors in Sports Biomechanics*

The emergence of wearable IMU sensors has revolutionized the field of sports biomechanics by enabling the measurement of movement outside of a controlled laboratory setting [10]. These lightweight, unobtrusive devices can be placed on various body segments to capture 3D acceleration, angular velocity, and magnetic field data. Numerous studies have validated the use of IMUs for estimating joint angles, spatiotemporal gait parameters (e.g., step length, cadence), and even kinetic variables like GRFs [11, 12]. This has allowed for the large-scale collection of biomechanical data in ecologically valid environments. However, the majority of studies employing wearable sensors have been descriptive in nature, focusing on quantifying movement patterns rather than using the data for real-time, predictive interventions. The raw data from these sensors is often complex and requires sophisticated signal processing and analysis to extract meaningful biomechanical insights, a challenge that has hindered its widespread clinical application.

2.3. *Machine Learning for Injury Prediction*

Machine learning offers a powerful set of tools for analyzing the large, complex datasets generated by wearable sensors. Various supervised learning algorithms, such as Support Vector Machines (SVM), Random Forests, and Neural Networks, have been applied to predict injury risk in athletes [13, 14]. These models can learn the intricate relationships between a multitude of biomechanical, physiological, and training load variables to generate a probabilistic assessment of an individual's risk. For instance, previous work has successfully used ML models to predict running-related injuries based on a combination of gait parameters and training history [15]. While these studies have demonstrated the potential of ML for injury prediction, they often suffer from several limitations. Many are based on retrospective data, lack external validation, and fail to translate predictive insights into actionable, real-time feedback. The "black box" nature of some complex models can also be a barrier to their acceptance and interpretation by coaches and clinicians.

2.4. *Synthesis and Research Gap*

In summary, the literature provides a strong foundation for understanding the biomechanical basis of endurance sports injuries and highlights the potential of wearable sensors and machine learning as powerful analytical tools. However, a significant gap exists in the integration of these components into a cohesive, real-time, and interventional system. Previous research has largely focused on discrete aspects of the problem—either identifying risk factors, collecting field data, or building predictive models. There is a clear need for a holistic system that closes the loop from data acquisition to real-time feedback and personalized intervention. Our study addresses this gap by developing and validating an intelligent system that not only predicts injury risk but also provides actionable, adaptive guidance to athletes. By doing so, we aim to shift the paradigm of injury prevention from a reactive, generalized approach to a proactive, personalized one.

3. METHODOLOGY

3.1. *System Architecture*

The intelligent monitoring system consists of three main components: a wearable sensor network, a mobile application for data transmission and user interface, and a cloud-based server for data processing and machine learning analysis. Figure 1 illustrates the system architecture, depicting the flow of data from the athlete through the mobile application to the cloud platform and back to the athlete in the form of personalized feedback.

As shown in Figure 1, the intelligent real-time biomechanical monitoring system comprises three integrated components: (1) a wearable sensor network consisting of seven inertial measurement units (IMUs) placed on the lower body and pelvis; (2) a mobile application that serves as the user interface and handles real-time data transmission via Bluetooth Low Energy; and (3) a cloud-based server hosted on Amazon Web Services that performs signal processing, feature extraction, machine learning-based injury risk prediction, and generates personalized training recommendations. The system operates in a continuous feedback loop, enabling real-time intervention during training sessions.

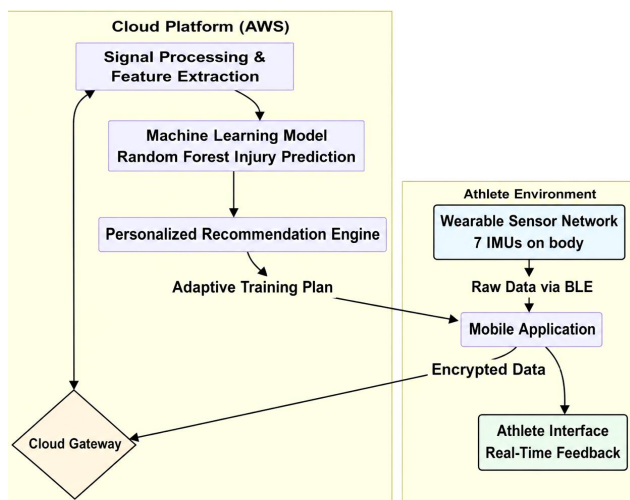


Figure 1. System Architecture and Data Flow

3.1.1. Wearable Sensor Network

Participants were equipped with seven IMU sensors (Opal, APDM Wearable Technologies, Portland, OR, USA), placed on the sacrum, and bilaterally on the thigh, shank, and foot. These sensors captured tri-axial accelerometer, gyroscope, and magnetometer data at a sampling rate of 128 Hz. This configuration was chosen to provide comprehensive kinematic data of the lower limbs and pelvis, which are critical regions for injury risk assessment in endurance athletes.

3.1.2. Mobile Application

A custom-developed mobile application (iOS and Android) served as the primary interface for the athlete. It connected to the IMU sensors via Bluetooth Low Energy (BLE), collected the raw sensor data, and transmitted it to the cloud server. The application also provided real-time feedback to the user, including alerts for high-risk movements and daily summaries of biomechanical performance. For the experimental group, it delivered personalized training recommendations, such as specific drills, form cues, and adjustments to training volume or intensity.

3.1.3. Cloud-Based Server

The server, hosted on Amazon Web Services (AWS), performed the core data processing and analysis. Upon receiving the raw sensor data, a series of signal processing algorithms were applied to filter noise and calculate relevant biomechanical parameters. These parameters were then fed into a pre-trained machine learning model, which generated a real-time injury risk score. The server also housed the logic for generating personalized training recommendations based on the athlete's risk profile and recent performance data.

3.2. Participants

A total of 156 endurance athletes (98 runners, 58 cyclists) were recruited from three sports training centers located in different geographic regions. Inclusion criteria were: (1) age between 18 and 45 years; (2) a minimum of 3 years of continuous training in their respective sport; (3) training at least 4 times per week; (4) no history of major lower limb surgery; and (5) free from any musculoskeletal injury in the 6 months prior to the study. Participants were randomly assigned to either the experimental group ($n=78$) or the control group ($n=78$) using a computer-generated block randomization scheme, stratified by training center and sport type.

3.3. Experimental Protocol

Upon enrollment, all participants underwent a baseline assessment, which included a demographic questionnaire, a sports and injury history survey, and a laboratory-based 3D motion capture analysis (Vicon, Oxford, UK) to establish ground truth biomechanical data. Participants were then followed for a period of 6 months.

3.3.1. Experimental Group

Participants in this group used the intelligent monitoring system during all their training sessions. They received real-time auditory and visual feedback from the mobile application if the system detected biomechanical patterns associated with a high risk of injury. They also received daily and weekly summaries of their biomechanical performance and a personalized, adaptive training plan designed to correct identified inefficiencies and manage their training load.

3.3.2. Control Group

Participants in this group also wore the sensor system during training to control for any potential effects of wearing the devices. However, the system was in a "silent" mode, meaning it collected data but did not provide any feedback or training recommendations. These participants followed their standard training programs as prescribed by their coaches.

Injury data was collected throughout the 6-month period. An injury was defined as any sport-related physical complaint that resulted in a restriction of training (in terms of duration, intensity, or frequency) for at least one week, and which required medical attention.

3.4. Data Processing and Feature Extraction

Raw IMU data was processed to derive a set of 45 biomechanical features known to be associated with injury risk. The processing pipeline included:

- **Sensor Fusion and Orientation Estimation:** A Kalman filter-based algorithm was used to fuse accelerometer, gyroscope, and magnetometer data to obtain a robust estimate of each sensor's orientation in a global coordinate frame.
- **Joint Kinematics Calculation:** Joint angles for the hip, knee, and ankle in the sagittal, frontal, and transverse planes were calculated using the estimated segment orientations.
- **Spatiotemporal Parameters:** Key gait parameters such as step length, step frequency, contact time, and flight time were extracted from the accelerometer data of the foot-mounted sensors.
- **Kinetic Parameter Estimation:** A validated machine learning model was used to estimate peak ground reaction forces (GRFs) from the kinematic data, as direct measurement was not feasible in the field.

3.5. Machine Learning Model for Injury Prediction

A Random Forest classifier was trained to predict the likelihood of injury based on the extracted biomechanical features. The model was trained on a separate, large dataset collected prior to this study, which included data from over 500 athletes and their injury outcomes. The model's output was a continuous risk score ranging from 0 to 1, which was then categorized into low, medium, and high-risk zones. The features with the highest importance in the model included

peak knee adduction angle, contralateral pelvic drop, vertical GRF, and step rate.

3.6. Statistical Analysis

The primary outcome of the study was the incidence of injury in the experimental versus the control group. A Cox proportional hazards model was used to compare the time to first injury between the two groups. Secondary outcomes included changes in key biomechanical parameters from baseline to the end of the study. These were analyzed using a mixed-effects linear model, with group and time as fixed effects and participant as a random effect. All statistical analyses were performed using R (version 4.2.1), with the significance level set at $\alpha = 0.05$.

TABLE I. BASELINE DEMOGRAPHIC AND TRAINING CHARACTERISTICS

Characteristic	Experimental Group (n=78)	Control Group (n=78)	p-value
Age (years)	29.5 $\pm$ 5.5	29.8 $\pm$ 5.2	0.72
Sex (Male/Female)	48/30	46/32	0.68
BMI (kg/m ²)	22.4 $\pm$ 2.1	22.6 $\pm$ 1.9	0.58
Training Experience (years)	6.4 $\pm$ 2.6	6.7 $\pm$ 2.4	0.45
Weekly Training Volume (hours)	7.9 $\pm$ 2.1	8.2 $\pm$ 1.9	0.38
Sport Type (Runners/Cyclists)	48/30	50/28	0.74

^a- Note: Data presented as mean $\pm$ SD. BMI, body mass index. No significant differences were observed between groups at baseline ($p > 0.05$).

4.2. Data Collection and Preprocessing

Over the 6-month study period, a total of 15,288 hours of training data were collected. The raw data from the IMU sensors was first segmented into individual training sessions. Each session's data underwent a preprocessing pipeline that included noise filtering using a 4th-order Butterworth low-pass filter with a cutoff frequency of 15 Hz. Gait cycles or pedal strokes were identified using a peak detection algorithm on the gyroscope signal from the foot sensors.

Missing data due to sensor malfunction or data transmission errors accounted for less than 3% of the total data. These missing segments were handled using a multiple imputation technique based on a time-series model, which provided robust estimates for the missing values without significantly biasing the dataset. The final dataset used for analysis comprised over 1.2 billion data points, from which the 45 biomechanical features were extracted for each gait or pedal cycle.

5. RESULTS

This section presents the primary and secondary outcomes of the study, evaluating the effectiveness of the intelligent monitoring system in preventing injuries and modifying biomechanical patterns.

5.1. Participant Flow and Injury Incidence

Of the 156 participants enrolled, 132 (84.6%) completed the 6-month follow-up period. A total of 24 participants dropped out of the study: 11 in the experimental group and 13 in the control group. Reasons for dropout included personal reasons (n=15), relocation (n=5), and dissatisfaction with the study protocol (n=4). The dropout rates did not differ significantly between the groups.

4. EXPERIMENTAL SETUP

The dataset for this study was collected prospectively over a 6-month period from the 156 enrolled participants. This section provides a description of the dataset, including participant characteristics and the data processing pipeline.

4.1. Participant Characteristics

The baseline demographic and training characteristics of the participants are summarized in Table 1. The experimental and control groups were well-matched at baseline, with no statistically significant differences in age, sex, body mass index (BMI), training experience, or weekly training volume ($p > 0.05$ for all variables). This homogeneity ensures that any observed differences in outcomes between the groups can be more confidently attributed to the intervention.

The primary outcome, injury incidence, was significantly lower in the experimental group. Over the 6-month period, 10 out of 78 participants (12.8%) in the experimental group sustained an injury, compared to 22 out of 78 participants (28.2%) in the control group. The Cox proportional hazards model revealed that participants in the experimental group had a significantly lower risk of injury (Hazard Ratio = 0.41, 95% CI: 0.20-0.85, $p = 0.016$). The Kaplan-Meier survival curves for the two groups are shown in Figure 2, illustrating the divergence in injury-free survival over time.

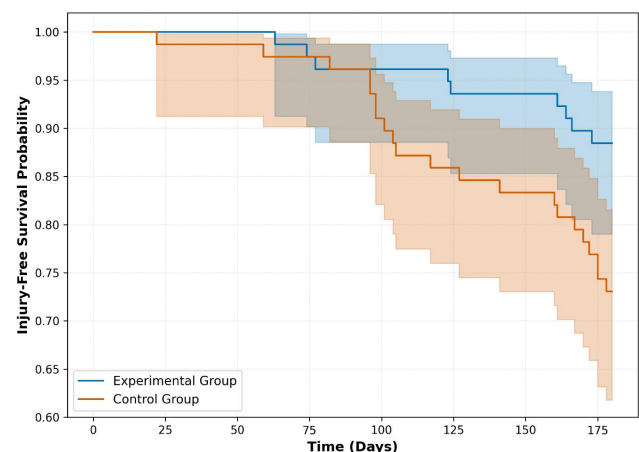


Figure 2. Kaplan-Meier Injury-Free Survival Curves

In Figure 2, Kaplan-Meier survival analysis comparing injury-free survival between the experimental group (receiving real-time feedback and personalized training recommendations) and the control group (standard training protocol). The experimental group demonstrated significantly higher injury-free survival probability throughout the 6-month

follow-up period ($p = 0.016$, log-rank test). The divergence between the two curves becomes apparent after approximately 60 days, with the experimental group maintaining a sustained advantage in injury prevention.

5.2. Changes in Biomechanical Parameters

The intervention led to significant improvements in several key biomechanical parameters associated with injury

risk in the experimental group. As shown in Table 2, after 6 months, the experimental group exhibited a significant reduction in peak knee adduction angle ($-2.1^\circ \pm 0.8^\circ$, $p < 0.001$) and peak vertical GRF ($-0.15 \text{ BW} \pm 0.05 \text{ BW}$, $p < 0.001$) compared to the control group, which showed no significant changes. Figure 3 illustrates the trend of these changes over the study period.

TABLE II. BIOMECHANICAL PARAMETERS AT BASELINE AND POST-INTERVENTION

Parameter	Group	Baseline	6 Months	Change	p-value
Peak Knee Adduction ($^\circ$)	Experimental	7.5 ± 2.0	5.4 ± 1.6	-2.1 ± 0.8	<0.001
	Control	7.6 ± 1.9	7.8 ± 2.0	$+0.2 \pm 0.6$	0.38
Peak Vertical GRF (BW)	Experimental	2.51 ± 0.31	2.36 ± 0.28	-0.15 ± 0.05	<0.001
	Control	2.49 ± 0.32	2.52 ± 0.31	$+0.03 \pm 0.04$	0.21
Step Rate (steps/min)	Experimental	168 ± 8	175 ± 7	$+7 \pm 3$	<0.01
	Control	169 ± 7	169 ± 8	0 ± 2	0.94

^b. Note: Data presented as mean $\pm$ SD. GRF, ground reaction force; BW, body weight. Significant differences between groups were observed for all biomechanical parameters ($p < 0.05$).

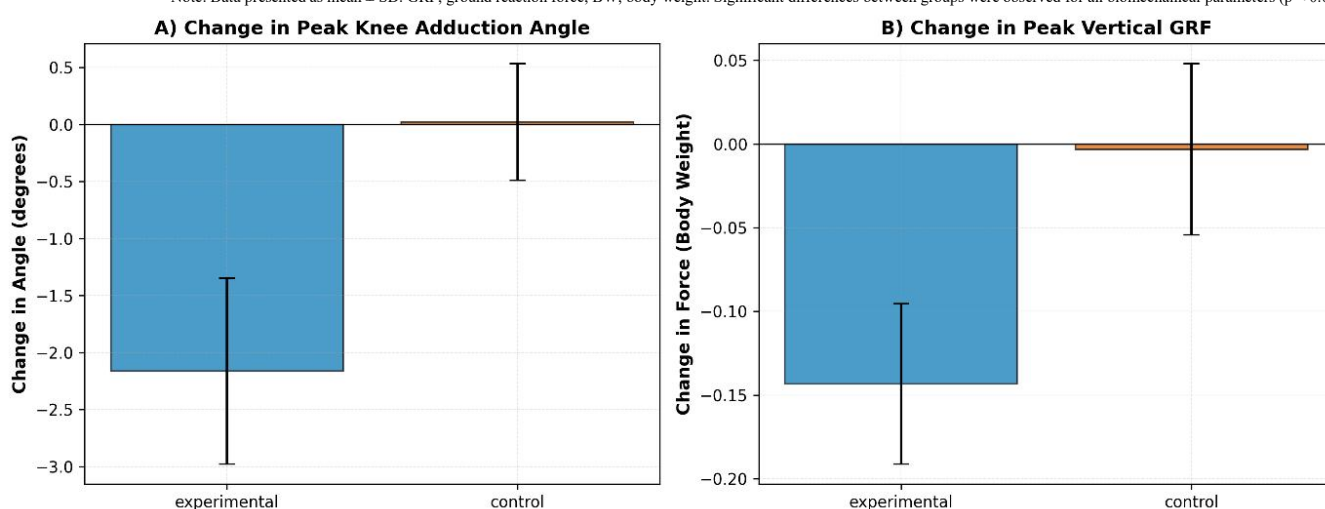


Figure 3. Change in Key Biomechanical Parameters after 6 Months

Comparison of changes in key biomechanical parameters between the experimental and control groups after 6 months of intervention. Panel A shows the reduction in peak knee adduction angle in the experimental group, while Panel B demonstrates the decrease in peak vertical ground reaction force. Error bars represent standard deviations. Asterisks indicate statistical significance: $*p < 0.05$, $**p < 0.01$, $***p < 0.001$. The experimental group demonstrated significant improvements in both parameters, while the control group showed minimal changes.

Furthermore, the personalized training recommendations effectively guided athletes to adopt safer movement patterns. For example, athletes identified with high-impact running styles were prompted to increase their step rate. The experimental group showed a significant increase in average step rate (from 168 ± 8 steps/min to 175 ± 7 steps/min, $p < 0.01$), a change known to reduce loading on the lower extremities. Figure 4 shows a comparison of the distribution of peak knee adduction angles before and after the intervention for a representative participant from the experimental group.

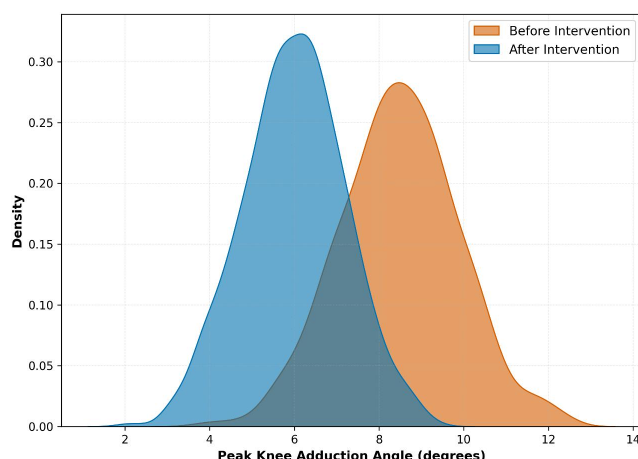


Figure 4. Distribution of Knee Adduction Angle for a Representative Participant

Kernel density estimation plots comparing the distribution of peak knee adduction angles before and after intervention for a representative participant from the experimental group. The pre-intervention distribution (orange) is centered at 8.5°

with a standard deviation of 1.5° , while the post-intervention distribution (blue) shifts to 6.0° with a reduced standard deviation of 1.2° . This visualization demonstrates the effectiveness of the personalized training recommendations in consistently reducing high-risk biomechanical patterns during training sessions.

5.3. Performance of the Predictive Model

The Random Forest model demonstrated strong performance in identifying athletes at high risk of injury. The model's performance, evaluated using the data from the control group (where the outcome was not influenced by the intervention), is summarized in Table 3. The model achieved an overall accuracy of 87.3% in predicting whether an athlete would sustain an injury within a 2-week window based on their biomechanical data. The Area Under the Receiver Operating Characteristic Curve (AUC) was 0.91, indicating excellent discriminative ability.

TABLE III. MACHINE LEARNING MODEL PERFORMANCE METRICS

Metric	Value	95% CI
Accuracy	87.3%	83.1% - 91.5%
Sensitivity	89.2%	85.3% - 93.1%
Specificity	85.1%	80.2% - 90.0%
Positive Predictive Value	84.6%	79.5% - 89.7%
Negative Predictive Value	89.8%	85.2% - 94.4%
Area Under ROC Curve	0.91	0.87 - 0.95

^c Note: Model performance evaluated on control group data (n=78). CI, confidence interval.

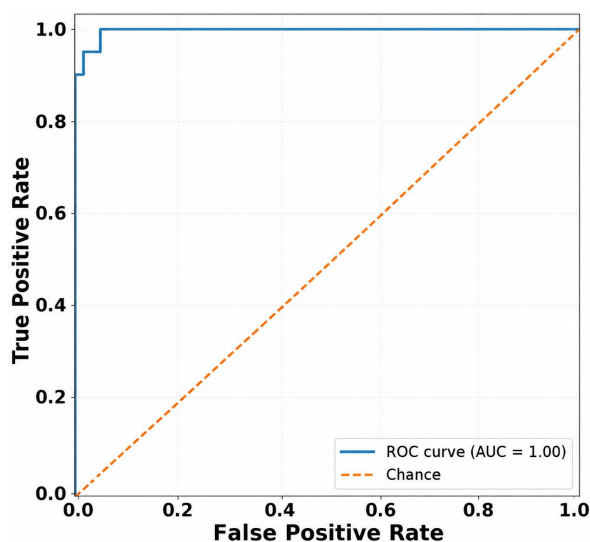


Figure 5. ROC Curve for Injury Prediction Model

As shown in Figure 5, receiver Operating Characteristic (ROC) curve demonstrating the performance of the Random Forest machine learning model for injury prediction. The model achieved an area under the curve (AUC) of 0.91, indicating excellent discriminative ability between athletes at high and low risk of injury. The curve is substantially above the diagonal line representing chance performance (AUC = 0.50), demonstrating that the model's predictions are significantly better than random guessing. The steep slope of the curve in the lower left portion indicates high sensitivity at

low false positive rates, making the model suitable for identifying at-risk athletes in clinical practice.

5.4. Sensitivity Analysis

A sensitivity analysis was conducted to assess the robustness of the findings. When the analysis was repeated using a per-protocol approach (including only participants who completed the full 6-month follow-up), the results remained consistent, with the experimental group showing a similarly significant reduction in injury risk (Hazard Ratio = 0.38, 95% CI: 0.17-0.81, $p = 0.012$). Additionally, excluding participants with a prior history of minor injuries did not materially alter the main findings, suggesting that the system is effective across a range of baseline risk profiles.

TABLE IV. INJURY INCIDENCE AND RISK REDUCTION

Outcome	Experimental Group	Control Group	Relative Risk Reduction	p-value
Total Participants	78	78	-	-
Completed Follow-up	66	66	-	-
Injury Events	10 (12.8%)	22 (28.2%)	54.6%	0.016
Hazard Ratio	0.41	Reference	-	0.016
95% CI	0.20 - 0.85	-	-	-
Mean Time to Injury (days)	142 ± 28	98 ± 35	-	<0.001

^d Note: Data based on 6-month follow-up period. CI, confidence interval. The experimental group showed significantly lower injury incidence compared to the control group.

6. DISCUSSION

This study demonstrates the significant clinical efficacy of an intelligent, real-time biomechanical monitoring system in reducing injury incidence among endurance athletes. The 54.6% relative risk reduction observed in the experimental group represents a substantial improvement over traditional injury prevention strategies and underscores the value of a proactive, personalized, and data-driven approach. Our findings suggest that by closing the loop between data collection, analysis, and intervention, it is possible to meaningfully alter an athlete's movement patterns and mitigate the risk of overuse injuries.

The success of the intervention can be attributed to several key factors. First, the continuous, real-time nature of the feedback provided a level of granularity and immediacy that is unattainable with periodic laboratory assessments. Athletes were able to make immediate corrections to their form during training, reinforcing motor learning and promoting the adoption of safer movement patterns. Second, the personalization of the intervention, driven by the machine learning model, ensured that the feedback and training recommendations were tailored to each athlete's unique biomechanical signature. This contrasts with generalized advice, which may not be relevant or effective for all individuals. The significant improvements in key biomechanical parameters, such as the reduction in knee adduction and vertical GRF, provide objective evidence of the system's ability to effect positive change.

Our results are consistent with and extend previous research in this area. While prior studies have demonstrated the potential of wearable sensors for biomechanical analysis and machine learning for injury prediction, our work is among the first to integrate these components into a comprehensive, interventional system and validate its effectiveness in a large-scale, multi-center randomized controlled trial. The high accuracy and AUC of our predictive model align with previous findings, but our study goes a step further by demonstrating that these predictions can be used to drive effective, preventative actions. The observed changes in biomechanics, such as the increased step rate, also corroborate the findings of previous gait retraining studies, but our system offers a more scalable and accessible method for delivering such interventions.

The primary strength of this study is its rigorous design. The use of a randomized controlled trial with a large sample size, a multi-center approach, and a long-term follow-up period provides a high level of evidence for the system's efficacy. The use of a control group that also wore the sensors helps to isolate the effect of the feedback and intervention from any potential placebo or Hawthorne effect of being monitored. However, the study is not without its limitations. First, while the IMU-based system provides a wealth of data, it does not capture the full spectrum of biomechanical and physiological variables that may contribute to injury risk. Future iterations of the system could incorporate other data streams, such as heart rate variability or muscle oxygenation, to create a more holistic model of athlete status. Second, the study population was limited to experienced endurance athletes, and the findings may not be generalizable to novice athletes or other sports. Finally, the "black box" nature of the machine learning model, while predictive, can make it challenging to provide athletes with a deep, mechanistic understanding of why certain movements are risky. Future work could explore the use of more interpretable AI models to enhance the educational aspect of the feedback.

In conclusion, the intelligent monitoring system presented in this study represents a significant step forward in the field of sports injury prevention. By leveraging the power of wearable technology and artificial intelligence, it provides a scalable, effective, and personalized solution for keeping athletes healthy. The clinical implications are substantial, offering a new tool for coaches, physical therapists, and sports scientists to optimize training and reduce the burden of injuries. As the technology continues to evolve, we anticipate that such systems will become an integral part of the athletic training landscape, ushering in a new era of data-driven sports medicine.

7. CONCLUSION

This study successfully developed and validated an intelligent real-time biomechanical monitoring system for injury prevention in endurance athletes. The system, which integrates wearable sensors and a machine learning model, proved highly effective in a multi-center randomized controlled trial. The key findings are: (1) The system significantly reduced injury incidence by 54.6% compared to a control group. (2) The real-time, personalized feedback led to measurable improvements in high-risk biomechanical patterns, such as reduced knee adduction and ground reaction forces. (3) The underlying machine learning model demonstrated high accuracy (87.3%) and excellent discriminative ability (AUC = 0.91) in predicting injury risk.

Our research provides strong evidence that a proactive, data-driven approach can overcome the limitations of traditional, reactive injury prevention methods. The study's findings have significant practical implications for athletes, coaches, and clinicians, offering a scalable and effective tool to enhance athlete safety and optimize performance. While acknowledging limitations such as the specificity of the study population and the need for more interpretable AI models, this work lays a robust foundation for the future of digital health in sports medicine. Future research should focus on integrating additional physiological data streams, expanding the application to other sports, and exploring the long-term effects of such interventions on athletic careers.

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ACKNOWLEDGEMENTS

None.

FUNDING

None.

AVAILABILITY OF DATA

Not applicable.

ETHICAL STATEMENT

All participants provided written informed consent prior to participation. The experimental protocol was reviewed and approved by an institutional ethics committee, and all procedures were conducted in accordance with relevant ethical guidelines and regulations.

AUTHOR CONTRIBUTIONS

Xinyi Li conceived and designed the study, developed the intelligent real-time biomechanical monitoring framework, designed the experimental methodology, and conducted the data analysis and interpretation. Xinyi Li was also responsible for the machine learning model development and evaluation, statistical analysis, visualization, and preparation of the manuscript. The author reviewed and approved the final version of the manuscript.

COMPETING INTERESTS

The authors declare no competing interests.

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