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Neuromuscular Fatigue and Recovery in Sports Health

Guest Editor:

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Deadline for manuscript
submissions:

closed (30 April 2024)

Message from the Guest Editor

Fatigue can be defined as an indicator of tiredness or weakness, supported by complex physiological and psychological processes. It is essential to identify the origin of fatigue, central (progressive reduction of voluntary muscle activation), and/or peripheral (loss of muscle strength caused distally to the neuromuscular junction). In the physical and sports field, neuromuscular fatigue is particularly important, which implies a decrease in the ability to generate maximum voluntary force by a muscle or a group of muscles induced by exercise. The correct application of the recovery protocols for neuromuscular fatigue is key to maintaining physical and sports performance, as well as preventing injuries.

Submissions of original articles, systematic reviews, short communications, and other types of articles on related topics are welcome. All manuscripts will follow standard journal peer-review practices, and those accepted for publication will appear in the Special Issue on dietary and nutrition interventions for diabetes, obesity and other chronic diseases. We look forward to receiving your contributions to the Special Issue.



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Special Issue



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Message from the Editor-in-Chief

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