



*sports*



an Open Access Journal by MDPI

## Advances in Neuromuscular Adaptations to Exercise, Environment, Injury, and Rehabilitation

Guest Editors:

**Dr. Xin Ye**

Department of Rehabilitation  
Sciences, University of Hartford,  
West Hartford, Connecticut  
06032, USA

**Dr. Nicolas Babault**

Centre d'Expertise de la  
Performance, INSERM U1093  
CAPS, Faculty of Sport Sciences,  
University of Burgundy, 21078  
Dijon, France

**Prof. Dr. Markus Gruber**

Human Performance Research  
Centre, Sport Science, University  
Konstanz, 78457 Konstanz,  
Germany

### Message from the Guest Editors

Neuromuscular adaptations to events such as exercise, environmental change, injury, or rehabilitation have always been an area of interest for researchers and practitioners. Additionally, the time course of the changes in the nervous and muscular systems responding to these events has also been monitored; however, limited information is available and contrasting findings were reported. Recent developments in technology have broadened our ability to examine the entire neuromuscular system (central nervous system, peripheral nervous system, and muscle). The aim of this Special Issue is to add to the existing body of literature that seeks to provide more information about neuromuscular adaptations and/or the time course to conditions such as exercise training, environmental changes, injuries, or rehabilitation. We welcome research studies that use traditional or novel techniques to examine and monitor neuromuscular parameters.

Deadline for manuscript  
submissions:

**closed (20 March 2024)**



[mdpi.com/si/124177](https://mdpi.com/si/124177)

# Special Issue



# sports



an Open Access Journal by MDPI

## Editor-in-Chief

### Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement  
Sciences and Sport, IBWS ETH,  
HCP H 25.1, Leopold-Ruzicka-  
Weg 4, CH-8093 Zürich,  
Switzerland  
2. Karolinska Institutet,  
Stockholm, Sweden

## Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

**Journal Rank:** CiteScore - Q1 (*Physical Therapy, Sports Therapy and Rehabilitation*)

## Contact Us

---

Sports Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/sports](http://mdpi.com/journal/sports)  
[sports@mdpi.com](mailto:sports@mdpi.com)  
[X@Sports\\_MDPI](https://twitter.com/X@Sports_MDPI)