



## Applied Biomechanics in Sports Performance, Injury Prevention and Rehabilitation, 2nd Edition

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### Message from the Guest Editor

Dear Colleagues,

I am pleased to present this Special Issue about applied biomechanics in sports performance, injury prevention and rehabilitation. Improvements in modern technology devices have allowed sport scientists to collect more and more detailed information on sports fields and movement performance analysis.

In addition, biomechanical studies have enabled the development of efficient movement patterns, proper postural habits and energy conservation through the economy of movement. Proper biomechanical analysis can help athletes detect these potential problems before injury occurs, allowing athletes to make conscious changes in the way they move and reduce the risk of injury. Finally, the study of biomechanics is used in physical therapy to quantitatively measure the changes in movement that have occurred and design programmes to help return movement to normal or improve the athlete's ability to control their body movement.

The main objective of this Special Issue is to cover the latest advances in biomechanics applied to improve sports performance, prevent the risk of injury or facilitate optimal rehabilitation in athletes.

Dr. Alfonso Penichet-Tomás  
*Guest Editor*





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## Message from the Editor-in-Chief

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