

Special Issue

Sports Medicine and Physiology: Bones, Arthrosis and Muscles

Message from the Guest Editors

In recent years, it has become clear that muscular activity is the basis for a good quality of life and functional capacity, both in health-oriented recreational activities and in those aimed at higher performance.

Therapeutic and physical conditioning strategies require greater concreteness and specificity in order to be tailored to different individual profiles. This Special Issue will publish selected examples of how a well-directed protocol can impact, from a preventive perspective, and improve muscular fitness and, consequently, bone and joint health in all types of populations and for specific objectives. This Special Issue could open up new lines of research and debate in activities that are currently in high demand and require constant updating to optimize their results.

Guest Editors

Dr. Julio Martin Ruiz

Department of Health and Functional Assessment, Catholic University of Valencia, 46900 Valencia, Spain

Prof. Dr. Antonio Ammendolia

Department of Medical and Surgical Sciences, University of Catanzaro "Magna Graecia", 88100 Catanzaro, Italy

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls-ci@mdpi.com

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About the Journal

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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