

## Special Issue

# Applied Biomechanics: Sports Performance and Rehabilitation

### Message from the Guest Editors

Sports and performance coaches, athletes, and medical personnel, such as athletic trainers and sports medicine physicians, increasingly rely on evidence-based information to inform their practice. Biomechanics is at the forefront of sports science and sports medicine research. Biomechanical principles can inform and lead to preferential sporting techniques, improved training methods, better rehabilitation programs, safer equipment, and advancements in medical procedures. In this Special Issue, submissions of contemporary research related to all aspects of sports and rehabilitation biomechanics are invited. Possible topic areas broadly include the biomechanics of sporting performance, strength and conditioning, and sports injury. Both experimental studies and review papers, including critically appraised topics, are welcome. We look forward to receiving your submissions.

---

### Guest Editors

Dr. Brian Wallace

Department of Kinesiology, University of Wisconsin Oshkosh, 104 Albee, 800 Algoma Blvd, Oshkosh, WI 54904, USA

Dr. Naghmeh Gheidi

Department of Health Professions, University of Wisconsin-La Crosse, 1725 State Street, La Crosse, WI 54601, USA

---

### Deadline for manuscript submissions

10 February 2026



## Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/si/245890](https://mdpi.com/si/245890)

*Applied Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[appls@mdpi.com](mailto:appls@mdpi.com)

[mdpi.com/journal/  
appls](https://mdpi.com/journal/appls)





# Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/journal/  
applsci](https://mdpi.com/journal/applsci)



## 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

---

### Author Benefits

#### Open Access:

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

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering )