

## Special Issue

# Sports Injuries: Prevention and Rehabilitation

### Message from the Guest Editors

Participating in sports is inherently associated with the risk of injury and overuse. The most common issues involve dysfunctions of the musculoskeletal system. Currently, this is not an aspect that concerns only competitive sports. Amateur sports have also achieved incredible development, which is why they are often practiced at a very high level, consequently leading to a risk of injuries comparable to that of professional athletes. Competitive athletes typically exhibit a very high level of overall physical preparedness, a factor that is often lacking among amateur athletes. This preparedness significantly influences the frequency of sports-related injuries. The goal of this Special Issue is to examine methods for preventing and treating sports injuries across all levels of athletic performance, from professional to amateur athletes. Original research, narratives, and systematic reviews are welcome, as these will provide valuable perspectives and enhance strategies for injury prevention and rehabilitation across various sports disciplines. Such contributions will enrich existing knowledge and support its practical application by athletes, coaches, and physiotherapists.

---

### Guest Editors

Dr. Iwona Sulowska-Daszyk

Institute of Clinical Rehabilitation, University of Physical Education in Krakow, Poland Al. Jana Pawla II 78, 31-571 Krakow, Poland

Prof. Dr. Anna Mika

Institute of Clinical Rehabilitation, University of Physical Culture in Kraków, 31-571 Kraków, Poland

---

### Deadline for manuscript submissions

20 August 2026



## Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/si/229329](https://mdpi.com/si/229329)

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

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

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





# 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, Embase, CAPIus / SciFinder, and other databases.

#### Journal Rank:

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