

## 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

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### Deadline for manuscript submissions

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### 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.

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### Editor-in-Chief

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