



## Effects of Strength Training on Rehabilitation

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### Message from the Guest Editor

Dear Colleagues,

The preparation and rehabilitation of the injured athlete or patients with chronic pathologies integrates best practice in sports, general medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. There is a large body of evidence indicating that certain methods of strength training can reduce injury risk and optimize the recovery process in both athletes and clinical populations. Therefore, this Special Issue aims to provide evidence-based strength training recommendations for the rehabilitation of injured athletes and patients, from preventing acute injuries and the assessment and treatment of chronic pathologies to the design and implementation of effective rehabilitation programs.

For this Special Issue, high-quality observational, experimental, and review studies that provide evidence about the benefits of strength training on rehabilitation scenarios are invited. Particularly, randomized controlled trials which evaluate the effectiveness of strength training interventions (even when included as a part of a multicomponent program) in rehabilitation are especially welcomed.

Dr. Sergio Maroto Izquierdo





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## Message from the Editor-in-Chief

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