



## Physical Rehabilitation & Prevention in Sports Injuries

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### Message from the Guest Editor

This Special Issue of Healthcare will collect wide range of research papers on the theme of physical rehabilitation, physiotherapy, and prevention in sports injuries for improving pre-injury policy and offering more effective post-injury treatment to help individuals to retrieve their physical health.

The sportsmen and participation of broad population in the active lifestyle are increasing, call for more effective training methods and improvement of the quality of physical care appears to be more appealing. The physiotherapists and trainers nowadays tend to be inspiration for the general public, updating their knowledge and practices, but renouncing inefficient or even harmful techniques. Due to improper training methods or immoderate intensity suffer with chronic pain or severe injuries later in age and are compelled to suspend or in more critical case quit their career earlier than expected.

In many cases, the pain can be alleviated or even completely eliminated through diverse methods of physical rehabilitation. But should also focus on detection of primary cause of the pain, so the prevention of injury's origin later in time might be more effective.





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## Editor-in-Chief

## Message from the Editor-in-Chief

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