

Special Issue

Innovative Approaches to Sports Injury Prevention and Recovery

Message from the Guest Editor

Sports injuries remain a global concern, affecting athletes of all levels, with short- or long-term consequences. Despite advances in rehabilitation, further research is needed on injury mechanisms, risk factors, and prevention strategies. This Special Issue in *Healthcare* seeks innovative methodologies, technologies, and findings on sports injury prevention and recovery. Topics include (but are not limited to):

- New injury risks.
- Short- and long-term injury prevention training interventions reduce injury risks.
- Novel pre-conditioning and re-conditioning techniques for the prevention of re-injury.
- Uncommon exercise interventions to improve injury resistance.
- unexpected training stimuli and movement perturbation.
- Development of fundamental movement in children and young athletes for long-term injury prevention.
- Innovative training technologies and tools for injury prevention and risk identification.
- Training load management to reduce injury risks.
- Artificial intelligence development in injury prevention.

I/We look forward to receiving your contributions.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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