

Special Issue

Effects of Strength Training on Rehabilitation

Message from the Guest Editor

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.

Guest Editor

Dr. Sergio Maroto Izquierdo

i+HeALTH, Strategic Research Group, Department of Health Sciences, Miguel de Cervantes European University (UEMC), 47012 Valladolid, Spain

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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About the Journal

Message from the Editor-in-Chief

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Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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