# 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 evidencebased strength training recommendations for the rehabilitation of injured athletes and patients, from preventing acute injuries and the assessment and treatment of chronic pathologies ro 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

## Deadline for manuscript submissions

closed (9 August 2024)



# Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/161993

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

mdpi.com/journal/ healthcare





## **Healthcare**

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



## **About the Journal**

## Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

## Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

### **Author Benefits**

## **High Visibility:**

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

## **Journal Rank:**

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

