

Special Issue

Sports Injury Prevention

Message from the Guest Editor

Physical activity and recreational sports practice have well-known benefits on the physical and mental health of practitioners, as they involve all aspects of the person. Therefore, they have important consequences for public health. However, all efforts to achieve the benefits both of recreational and competitive sport are vain when practice has to be stopped or interrupted because of overuse or traumatic injuries. Therefore, efforts to avoid or reduce the number and severity of sports injuries are of utmost importance. Thus, targeted preventive measures can be introduced and evaluated.

Consequently, the prevention of sports injuries can be undertaken at different “stages” of the described model. This Special Issue is dedicated to research focusing on the important topic of evidence-based prevention of sports injuries, independent of the subjects involved, the leisure time exercise or sport practiced (individual, combat, or team sport), the level of performance, and the stage of observation/intervention described above. Original articles as well as systematic reviews and meta-analyses are welcome.

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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