

## Special Issue

# Sports-Related Injury Prevention and Rehabilitation in Physical Health Promotion

### Message from the Guest Editor

Sports activities are important for maintaining or achieving physical health. However, sports can also lead to injuries or overuse syndromes. Although it is indisputable that leisure-time exercise is generally associated with health benefits, dynamic sports in particular also bear an inherent risk of injury due to accidents or interactions with opponents in team sports. In elite sports, injuries and illnesses often play a decisive role in whether an athlete is successful in the long term or not. This Special Issue, "Sports Training and the Promotion of Physical Health", seeks all kinds of research papers on training management, active regeneration, and medical procedures for prevention or rehabilitation to improve or restore the health of athletes, focusing on any risk factors, underlying causes and mechanisms, and outcomes of and/or suggestions for prevention studies. The spectrum of possible approaches and improvements for athletes is extremely diverse and ranges from basic research to individual athlete counseling and therapy in daily practice. We encourage colleagues to submit any interdisciplinary work and multicountry collaborative research.

### Guest Editor

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### Deadline for manuscript submissions

closed (31 December 2023)



## International Journal of Environmental Research and Public Health

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CiteScore 8.5  
Indexed in PubMed



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Environmental Research and  
Public Health*  
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## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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### Editor-in-Chief

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