

## Special Issue

# Exercise Injury and Rehabilitation

### Message from the Guest Editors

Sports injuries are a limiting factor of sports performance in elite athletes. However, little is known about the mechanisms contributing to muscle injuries and their correlation with exercise type. Moreover, there is a lack of understanding regarding the interactions between muscle injuries, exercise, and injury prevention strategies. For this Special Issue, we are particularly interested in original and review articles exploring new/under-studied aspects of muscle injuries, injury prevention programs, and the association between them. We welcome conceptual and practical insights that can inform injury prevention interventions. We intend to achieve an updated and comprehensive picture of muscle injury prevalence and prevention programs across diverse, challenging contexts.

### Guest Editors

Dr. Alfredo Bravo-Sánchez

Faculty of Health Sciences, Universidad Francisco de Vitoria, 28223 Pozuelo de Alarcón, Spain

Dr. Pablo Abián

Faculty of Humanities and Social Sciences, Comillas Pontifical University, 28049 Madrid, Spain

### Deadline for manuscript submissions

closed (30 May 2024)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/155272](https://mdpi.com/si/155272)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)