

## Special Issue

# Joint Injuries and Exercise Rehabilitation

### Message from the Guest Editors

Joint injuries can be responsible for long-term complications such as post-traumatic osteoarthritis, joint stiffness, or pain. These traumas can occur during sports practice, work activities, or everyday life. The early management of these traumas must be optimal in order to limit the risk of disability. Thus, imaging, surgery, and rehabilitation must be at the forefront of innovation. Physical exercise allows the maintenance of joint amplitudes and muscle trophicity while having a favorable impact on the preservation of function. Multi-professional collaboration is the core of this care. Particular attention is given to high-level athletes for whom injuries are a frequent risk, with significant consequences for their career. Rehabilitation exercises may have a preventive and protective impact on joint tissue degeneration but should be precisely and rationally prescribed. However, this issue is not limited to sports-related injuries but concerns all aspect of joint, muscle, or ligament injury management from the early phase to the late phase.

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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.

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