

Special Issue

Current Expert Opinion in Recovery Techniques for Athletic Performance

Message from the Guest Editors

The aim of this Special Issue is to publish a series of expert opinions and applied studies that effectively link recovery techniques to enhanced athlete health, wellness and performance. We strongly encourage submissions of expert opinions and/or applied studies that examine the use of recovery techniques in athletic populations. Key areas of interest include recovery techniques targeting psychological, nutritional, muscular, neurological, immunology, sleepiness and novel strategies in male and female team sports or individual athletes. There is also special interest in the use of recovery techniques in team sport staff. We also invite applied reviews, examples and recommendations on how to best integrate recovery techniques assessments in sport.

Guest Editors

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Deadline for manuscript submissions

closed (15 January 2022)



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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

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