

Special Issue

Exercise, Injury and Rehabilitation: Integrated Perspectives in Sports Medicine

Message from the Guest Editors

The dynamic interplay between exercise, injury, and rehabilitation is central to sports medicine and essential for optimizing patient outcomes. Understanding the clinical mechanisms of injury and the most effective rehabilitation strategies is vital for promoting safe physical activity and long-term musculoskeletal health for all, from elite athletes to recreational exercisers. This Special Issue, titled “Exercise, Injury and Rehabilitation: Integrated Perspectives in Sports Medicine”, invites contributions that explore clinical approaches to injury prevention, diagnostic techniques, therapeutic interventions, and post-injury rehabilitation. Special focus will be placed on multidisciplinary insights at the intersection of technologies, exercise physiology, and biomechanics. We welcome original research, clinical trials, and reviews that bridge the gap between physical activity, injury risk, and recovery within the broader context of clinical medicine.

Guest Editors

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Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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