

Special Issue

Perspectives and Challenges in Sports Medicine for Combat Sports

Message from the Guest Editor

Combat sports have seen significant growth in global participation. These sports place extreme physical demands on athletes, increasing their risk of injury while providing valuable opportunities to study human physiology, biomechanics, and injury prevention strategies. Despite the growing interest in combat sports, there remains a gap in the sports medicine literature addressing the unique challenges these athletes face. This Special Issue aims to bridge that gap by exploring the musculoskeletal, neuromuscular, and psychological aspects of combat sports, with a focus on injury prevention, rehabilitation, and performance optimization. This Special Issue will cover a broad range of topics as they relate to combat sports, including the following:

- Injury Epidemiology
- Biomechanics
- Neuromuscular and Cognitive Aspects
- Psychological Factors and Mental Health
- Training and Performance Optimization
- Innovations in Sports Medicine

By bringing together contributions from researchers, clinicians, and practitioners, this Special Issue aims to advance the understanding and application of specialized sports medicine approaches to enhance the health and performance of combat athletes.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 22.5 days after
submission; acceptance to publication is undertaken in 2.4
days (median values for papers published in this journal in
the second half of 2025).