

## Special Issue

# New Insights into Muscle Fatigue and Recovery

### Message from the Guest Editor

Fatigue is a transient reduction in physical performance that may impact exercise, training, and activities of daily living through acute and chronic neuromuscular, metabolic, psychological, and environmental mechanisms. Despite decades of research, fatigue remains a complex and incompletely understood phenomenon, with continued research efforts aimed at better understanding its situational and context-specific mechanisms in various populations. Significant, ongoing attention is also given to strategies that may reduce fatigue and improve recovery. This Special Issue aims to further our understanding of the mechanisms underlying fatigue and their implications for physical function and performance. Additionally, this Special Issue will explore strategies that alleviate fatigue and aid recovery. Topics of interest include, but are not limited to, the following:

- Mechanisms and outcomes of acute and chronic fatigue;
- Recovery strategies, including exercise, sleep, nutrition, and technological interventions;
- Monitoring fatigue and recovery;
- Sex- and age-related differences in fatigue and recovery;
- Fatigue and recovery in special populations.

---

### Guest Editor

Dr. Matthew Barnes

School of Sport, Exercise & Nutrition, Massey University, Palmerston North 4472, New Zealand

---

### Deadline for manuscript submissions

31 January 2026



## Journal of Functional Morphology and Kinesiology

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 3.7  
Indexed in PubMed



[mdpi.com/si/247975](https://mdpi.com/si/247975)

*Journal of Functional  
Morphology and Kinesiology*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[jfmrk@mdpi.com](mailto:jfmrk@mdpi.com)

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





# Journal of Functional Morphology and Kinesiology

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 3.7  
Indexed in PubMed



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



## About the Journal

### Message from the Editor-in-Chief

---

#### Editor-in-Chief

Prof. Dr. Giuseppe Musumeci

Department of Biomedical and Biotechnological Sciences, Anatomy,  
Histology and Movement Sciences Section, School of Medicine,  
University of Catania, 95123 Catania, Italy

---

#### Author Benefits

##### High Visibility:

indexed within ESCI (Web of Science), Scopus, PubMed,  
PMC, FSTA, and other databases.

##### 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 26.9 days after  
submission; acceptance to publication is undertaken in 1.9  
days (median values for papers published in this journal in  
the first half of 2025).