

Special Issue

From Injury to Recovery: Rehabilitation Strategies for Athletes

Message from the Guest Editors

This Special Issue aims to explore current and emerging rehabilitation strategies for athletes recovering from sports-related injuries, with a focus on evidence-based approaches that support functional recovery and a safe return to sport. We welcome original research, reviews, and case studies addressing interventions such as therapeutic exercise, resistance training, functional training, and manual therapy. In addition, submissions focusing on the epidemiology of sports injuries—including their prevalence and incidence—are highly encouraged. Such research provides crucial insights into injury patterns and risk factors, helping to inform preventive strategies and guide targeted rehabilitation planning. Key topics also include rehabilitation protocols for musculoskeletal injuries, injury prevention and recurrence, timelines for return to play, and sport-specific adaptations in physiotherapy. Interdisciplinary approaches involving sports medicine professionals, as well as the integration of technologies in rehabilitation (e.g., wearable sensors, tele-rehabilitation), are also of interest.

Guest Editors

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Editor-in-Chief

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