

Special Issue

Muscle Stress and Damage in Sport and Exercise

Message from the Guest Editor

The prevention of muscle damage is the goal of the medical staff in every sport. Avoiding long breaks for healing resulting in the loss of athletic condition is essential for athletes. Being able to prevent damage is fundamental, but being able to recondition an athlete after a trauma is the second main goal. In fact, recurrences of the trauma can become a cause of abandonment for the athlete and must be well managed by the doctor, re-athlete, and physiotherapist. The lifestyle and nutrition of the patient are also fundamental in the prevention and management of myo-tendon trauma. We therefore welcome contributions that explore, but are not limited to, the following topics:

- Motor rehabilitation methods useful for preventing relapses;
- Post-injury re-athleticization methods that prevent symptoms and trauma;
- Experimental work on postural treatments in the prevention of muscle-tendon trauma;
- Work on trauma, pathological postural reprogramming, and functional recovery;
- Nutrition and hydration in the prevention of musculoskeletal trauma;
- Lifestyles and prevention of trauma;
- The clinic and physiology of recovery in muscle-tendon trauma.

Guest Editor

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Editor-in-Chief

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