

Special Issue

Injury Prevention and Performance Analysis in Oppositional Sports: Insights from Combat and Racket Sports

Message from the Guest Editors

Injury prevention and performance analysis are fundamental aspects of oppositional sports, particularly combat and racket sports. These disciplines demand high levels of physical and mental performance, where even minor setbacks can affect an athlete's career and overall well-being. Understanding the biomechanics, physiological demands, and risk factors associated with these sports is essential for optimizing performance and minimizing injury risks. The objective of this Special Issue, titled "Injury Prevention and Performance Analysis in Oppositional Sports: Insights from Combat and Racket Sports", is to promote current knowledge and foster innovative approaches in this field. We invite submissions of original research articles, systematic reviews, and case studies that explore injury mechanisms, risk mitigation strategies, performance metrics, training methodologies, and rehabilitation protocols specific to combat and racket sports. Researchers, coaches, and sports scientists are invited to contribute their latest findings and insights, helping to shape the future of injury prevention and performance enhancement in these dynamic and challenging sports.

Guest Editors

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Editor-in-Chief

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