

Special Issue

Advances in Sports Injury Rehabilitation

Message from the Guest Editors

This Special Issue highlights new therapeutic approaches and current concepts in sports injury rehabilitation. Recently, the number of sports injuries has been increasing exponentially, particularly in the field of glenohumeral, elbow, wrist and hand, and knee and ankle joints. Rehabilitation is fundamental after both non-surgical and surgical management of these injuries, tailored to the elite athlete, the physically active elderly or exercising children. Recently the importance of intrinsic factors, such as metabolic disorders and diseases, in determining sports injuries has gained importance. This Special Issue aims to combine the latest research in the field of sports injury rehabilitation, with a particular focus on upper and lower limb disorders, to shed light on the progress made and the challenges identified and to provide an overview of novel evidence-based therapeutic approaches after both surgical and non-surgical treatments.

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