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Research and Application of Recovery Techniques and Technology in Sports

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Message from the Guest Editors

It is well-established that optimal recovery from practice or matches could offer an advantage following sports performance. Performance staff including strength and conditioning coaches, sport scientists, and athletic trainers working in high-performance sport environments will likely employ a considerable number of recovery techniques to enhance athlete health and performance. However, despite the importance of recovery optimization, it is often inadequately addressed and/or overlooked. This, in part, may be due to a lack of consensus on the benefits of many applied recovery techniques and new technology in the scientific community. Therefore, the aim of this Special Issue is to publish new research examining the application of recovery techniques and technology in sports. We strongly encourage submissions from applied settings that examine the use of recovery techniques and technology in athletic populations and tactical response groups.

Deadline for manuscript submissions:

closed (31 October 2022)



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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