

Special Issue

Innovative Approaches to Sports Injury Prevention and Recovery

Message from the Guest Editor

Sports injuries remain a global concern, affecting athletes of all levels, with short- or long-term consequences. Despite advances in rehabilitation, further research is needed on injury mechanisms, risk factors, and prevention strategies. This Special Issue in *Healthcare* seeks innovative methodologies, technologies, and findings on sports injury prevention and recovery. Topics include (but are not limited to):

- New injury risks.
- Short- and long-term injury prevention training interventions reduce injury risks.
- Novel pre-conditioning and re-conditioning techniques for the prevention of re-injury.
- Uncommon exercise interventions to improve injury resistance.
- unexpected training stimuli and movement perturbation.
- Development of fundamental movement in children and young athletes for long-term injury prevention.
- Innovative training technologies and tools for injury prevention and risk identification.
- Training load management to reduce injury risks.
- Artificial intelligence development in injury prevention.

I/We look forward to receiving your contributions.

Guest Editor

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About the Journal

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.

Editor-in-Chief

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indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).