

## Special Issue

# Musculoskeletal Conditions, Movement Strategies, and Adaptive Biomechanics Across the Lifespan

### Message from the Guest Editors

Exercise, such as walking, running, and cycling, is a simple and effective way to improve cardiovascular fitness for people of all ages. Since the 21st century, an increasing number of individuals across the lifespan have become engaged in regular physical activity. Individuals adopt movement strategies—coordinative and biomechanical patterns—that change with injuries, deformities, aging, sex/gender, and activity level. These strategy changes can reduce or increase joint loading, efficiency, and tissue stress, influencing symptoms, function, and future injury risk. We invite research that clarifies how injuries, deformities, sex/gender, activity level, and age drive changes in movement strategies and the resulting biomechanical adaptations across the lifespan, and how these adaptations in turn influence musculoskeletal health. Our goal is to inform about safer, more effective activities for all ages.

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### Guest Editors

Dr. Guoxin Zhang

Dr. Jason Tak-Man Cheung

Dr. Gongcheng Xu

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### Deadline for manuscript submissions

30 April 2026



## Sports

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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.

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### Editor-in-Chief

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