

Special Issue

Effects of Stretching on Performance

Message from the Guest Editors

Stretching has been shown to affect a wide range of abilities, including muscle strength, power, running, balance, and gait, as well as the range of motion in joints. Furthermore, there are various stretching techniques such as static stretching, dynamic stretching, and PNF stretching, and their effects on performance have been reported to vary depending on the method used. This Special Issue, therefore, aims to gather the latest research on the impact of stretching on performance. We welcome the submission of original research or review articles that examine the immediate and long-term effects of stretching techniques on fitness factors such as flexibility, muscle strength, explosive power, endurance, and balance, as well as on exercise performance. We also welcome the submission of research that addresses the adaptation of stretching to subjects such as children, the elderly, and athletes; research that analyzes the effects of stretching on post-exercise performance recovery; and research on the physiological, biomechanical, and neural adaptation of muscles and tendons that may affect performance.

Guest Editors

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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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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).