Special Issue

Symmetry and Asymmetry in Biomechanics and Gait Mechanics

Message from the Guest Editor

This Special Issue explores the role of symmetry and asymmetry in biomechanics and gait mechanics, focusing on their impact across health, human movement, and performance optimization. Symmetry often represents balance and efficiency, while asymmetries can reflect strategic adaptations, physical demands, or biomechanical constraints. Investigating these factors contributes to advancements in understanding functional dynamics, improving health outcomes, and optimizing performance in sports, rehabilitation, and assistive technology design. By bridging health sciences, sports, and engineering, this Issue provides a comprehensive perspective on symmetry and asymmetry in biomechanical applications.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Symmetry is ultimately the most important concept in natural sciences. It is not surprising then that very basic and fundamental research achievements are related to symmetry. For instance, the Nobel Prize in Physics 1979 (Glashow, Salam, Weinberg) was received for a unified symmetry description of electromagnetic and weak interactions, while the Nobel Prize in Physics 2008 (Nambu, Kobayashi, Maskawa) was received for the discovery of the mechanism of spontaneous breaking of symmetry, including CP symmetry. Our journal is named *Symmetry* and it manifests its fundamental role in nature.

Editor-in-Chief

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