



Applied Biomechanics in Sports Performance, Injury Prevention and Rehabilitation

Guest Editor:

Dr. Alfonso Penichet-Tomás

Physical Education and Sport
Area, Faculty of Education,
University of Alicante, Alicante,
Spain

Deadline for manuscript
submissions:

closed (31 March 2024)

Message from the Guest Editor

Dear Colleagues,

I am pleased to present this Special Issue about applied biomechanics in sports performance, injury prevention and rehabilitation. Improvements in modern technology devices have allowed sport scientists to collect more and more detailed information on sports fields and movement performance analysis.

In addition, biomechanical studies have enabled the development of efficient movement patterns, proper postural habits and energy conservation through the economy of movement. Proper biomechanical analysis can help athletes detect these potential problems before injury occurs, allowing athletes to make conscious changes in the way they move and reduce the risk of injury. Finally, the study of biomechanics is used in physical therapy to quantitatively measure the changes in movement that have occurred and design programmes to help return movement to normal or improve the athlete's ability to control their body movement.

The main objective of this Special Issue is to cover the latest advances in biomechanics applied to improve sports performance, prevent the risk of injury or facilitate optimal rehabilitation in athletes.

Dr. Alfonso Penichet-Tomás

Guest Editor





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo

Dipartimento di Fisica,
Politecnico di Milano, Piazza L.
da Vinci 32, 20133 Milano, Italy

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

Journal Rank: JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)

Contact Us

Applied Sciences Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/applsci
applsci@mdpi.com
[X@Applsci](https://twitter.com/Applsci)