



Advances in Sport Injury Prevention

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Message from the Guest Editors

Dear Colleagues,

Prevention programmes that reduce the risk of injury represent an essential issue for scientists, athletes, and coaches.

Injuries significantly impact various levels, including performance, mental health, long-term health risks, and finances. This threat poses a challenge to everyone involved to keep athletes injury-free.

An injury prevention programme aims to assist athletes in participating at the highest level they can achieve with the lowest risk of sustaining an injury. This Special Issue is dedicated to new ideas and advancements in sports injury prevention.

Topics in this Special Issue will focus on modern methods for injury prevention, technologies available to assist in injury prevention, and injury prevention in lesser-known sports disciplines.

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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.

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