



Physical Exercise in Sports Sciences and Rehabilitation: Physiology, Clinical Applications and Real Practice

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Message from the Guest Editors

Physical exercise is the main tool available to rehabilitation and sports medicine, consisting in the prescription of muscle contractions and body movements to improve functioning and to help subjects in responding to the needs of daily life. Several exercise interventions have been proven to improve the general health, wellbeing, and quality of life in subjects at risk of or suffering from medical conditions, injuries, and disabilities. In this scenario, ongoing research is investigating the role of exercise in subcellular, molecular, and chemical processes, with a high interest in physiology by recent literature. A subject-tailored physical exercise aimed at recovering/improving mobility, muscle strength, and performance is crucial both in patients with musculoskeletal disorders (e.g., affecting joints, ligaments, muscles, nerves, and tendons) and in sports athletes.

Therefore, in the present Special Issue, we aim at presenting evidence on the key role that physical exercise might play for the wellbeing of the general population, for the rehabilitation of chronic medical conditions, and for achieving a peak performance in elite sports professionals.





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Message from the Editor-in-Chief

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