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The Impact of Exercise on Sports Performance and Injury Prevention

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Message from the Guest Editor

Frequently exercise can have a positive impact on health and hence, it can be considered as a drug. However, certain factors have to be considered to not risk side effects. With regard to the musculoskeletal system, too much training load likely causes overuse injuries in both recreational and elite athletes. Therefore, several strategies to improve muscle performance should be considered in sports practice to set a new limit of injury-threshold for an athlete. Moreover, approaches such as myofascial techniques, stretching, and massage are used by athletes and therapists to counteract possible side effects of a training load. This Special Issue aims to publish innovative studies that explore the acute, prolonged, and long-term effects of exercise on sports performance and/or on injury prevention in all types of populations.



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Message from the Editor-in-Chief

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