



## Clinical Aspects of Return to Sport after Injuries

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### Message from the Guest Editors

Optimal athletic training should lead to a high level of performance. But usually, a high volume of repetition and a lack of variety in movement patterns can result in muscle imbalance, altering tissue stress, which leads to injury. Returning to sport after injury is often a difficult and time-consuming process. Understanding the underlying mechanisms of sports injury, which allow for successive treatment, rehabilitation, or sports training individualization is crucial. There is a need to define the key performance indicators in the return-to-sport monitoring process and to develop guidelines for effective therapeutic intervention after injuries. This Special Issue aims to provide a comprehensive overview of the advances in diagnosing and treating sports injuries, particularly emphasizing all clinical and functional aspects that influence the safe and effective return to sport after an injury. Therefore, this Issue aims to highlight the explanations for alterations in the musculoskeletal system, particularly emphasizing mechanisms of tissue overload and injury from the biomechanical, rehabilitation, and sports perspectives. Research papers and review papers are encouraged.





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