



## The Latest Trends in Exercise Therapy and Sports Injury Rehabilitation

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### Message from the Guest Editor

The purpose of this Special Issue is to highlight new insights, novel therapeutic approaches and current challenges in exercise therapy and sports injury rehabilitation. While exercise activity is associated with numerous beneficial effects on human health, it can also lead to acute or overuse injuries. With more people practising sports at high intensities throughout their lifespan, the number of sports injuries is increasing. In addition, sports injuries are not exclusively caused by mechanical overload but that metabolic and/or hormonal disturbances facilitate the development of certain injuries. As a consequence, multidimensional and interdisciplinary therapeutic approaches need to be developed which consider multiple influencing factors beyond the injured tissues mechanical stability. Furthermore, current therapeutic practises and assumptions need to be scrutinised, and evidence for the effectiveness of treatments needs to be provided. This Special Issue aims, to combine latest research in the field of sports injury rehabilitation, to shed light on the progress made and the challenges identified, and to provide an overview on novel evidence-based therapeutic approaches.





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