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Concussion, Exercise Rehabilitation, and Strength Training

Guest Editors:

Prof. Dr. Alan J. Pearce

School of Health Science, Swinburne Neuroimaging (SNI) Facility, Swinburne University of Technology, Melbourne, VIC 3122, Australia

Dr. Lainie Cameron

School of Health and Medical Sciences, University of Southern Queensland, Queensland, Australia

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Message from the Guest Editors

Concussion in sport continues to be an important issue for people involved in sport at all levels. An emerging area of interest is understanding the time course of recovery following concussion, and the acknowledgement of the role of exercise as a tool for the management and rehabilitation of concussed athletes.

The 6th International Conference of Concussion in Sport will be held in October this year. Many questions remain unresolved regarding exercise rehabilitation for concussion injury. The aim of this Special Issue is to attract papers that address the contributions of any types of exercise training in the rehabilitation phase following concussion injury. We welcome studies (RCTs, observational, or translational) that examine the effects of exercise regimens; including exercise-testing studies, aerobic or strength training interventions post concussion, psychological responses following exercise rehabilitation, or studies that include both cognitive and exercise interventions. We also welcome narrative or systematic reviews, case–control studies, case series, and n=1 case studies.



