



Exercise Therapy for Sport-Related Injury Rehabilitation: New Trends

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Message from the Guest Editor

Dear Colleagues,

Given the high prevalence of sport-related injuries in both athletes and the general population, novel evidence-based rehabilitation protocols for treating these conditions are more than needed. Although rehabilitation covers a range of interventions, exercise has been extensively proven to be the single-best rehab modality, with strong positive effects in reducing inflammation, promoting the repair and regeneration of tissues, restoring range of motion, increasing joint stability, muscle strength, and endurance, and improving other fitness attributes. In the last decade or two, movement-oriented science disciplines (sport science, physiotherapy, sports medicine, etc.) introduced a myriad of training modalities with proposed effects on different population groups. It is necessary to continue improving and developing our knowledge of these interventions in order to improve both science and clinical practice in the rehabilitation of sport-related injuries. This Special Issue welcomes papers dealing with the effects of different therapeutic exercise modalities on various fitness or health outcomes in sport-related injured subjects.





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