

Special Issue

Exercise Physiology, Muscle Function and Rehabilitation

Message from the Guest Editor

The body's functioning is designed for movement, and to a large extent, health depends on the amount of movement one makes throughout one's life. In recent years, muscle has gone from being regarded simply as an executor of the commands of the motor nervous system to being recognized as an important endocrine organ, regulating metabolic, immune and cognitive function. The intensity, frequency and mode of muscle exercise have different effects on organs, physiological systems and health. The study of the physiological effects of resistance exercise and its application in rehabilitation is emerging with unusual interest. Gathering research on these topics in a Special Issue will help to make the studies more referenced and have a greater impact. We look forward to receiving your submissions.

Guest Editor

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