Special Issue

Applied Biomechanics in Sports Performance, Injury Prevention and Rehabilitation, 2nd Edition

Message from the Guest Editor

I am pleased to present this Special Issue about applied biomechanics in sports performance, injury prevention and rehabilitation. Improvements in modern technology devices have allowed sport scientists to collect more and more detailed information on sports fields and movement performance analysis. In addition, biomechanical studies have enabled the development of efficient movement patterns, proper postural habits and energy conservation through the economy of movement. Proper biomechanical analysis can help athletes detect these potential problems before injury occurs, allowing athletes to make conscious changes in the way they move and reduce the risk of injury. Finally, the study of biomechanics is used in physical therapy to quantitively measure the changes in movement that have occurred and design programmes to help return movement to normal or improve the athlete's ability to control their body movement. The main objective of this Special Issue is to cover the latest advances in biomechanics applied to improve sports performance, prevent the risk of injury or facilitate optimal rehabilitation in athletes.

Guest Editor

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

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