

Special Issue

Physical Performance and Recovery during Exercise-Induced Muscle Damage

Message from the Guest Editor

Exercise-induced muscle damage (EIMD) is a common occurrence following strenuous exercise, particularly with unfamiliar activities involving eccentric contractions. The signs and symptoms of EIMD may include muscle soreness, local oedema, elevated enzymes (e.g., creatine kinase), reduced joint mobility, and compromised muscular contractility, which typically continues for 24–96 hours post-exercise. Thus, inadequate recovery following strenuous training sessions may impair the quality of training or augment the risks of physical injuries. Expanding our understanding in these areas will assist in managing the signs and symptoms of EIMD, improve athlete monitoring during strenuous training periods and enhance athlete readiness for each training session. In this Special Issue, papers on all methods and approaches with respect to acute and chronic responses of EIMD will be considered. Empirical papers are preferred, but reviews and theoretical papers will also be considered.

Guest Editor

Dr. Kenji Doma

Sport and Exercise Science, College of Healthcare Sciences, James Cook University, Townsville, Australia

Deadline for manuscript submissions

closed (31 December 2020)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



mdpi.com/si/36880

*International Journal of
Environmental Research and
Public Health*

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)