



## Sport Injury Prevention and Rehabilitation in Adolescents

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Deadline for manuscript  
submissions:

**30 September 2024**

### **Message from the Guest Editor**

Sports in adolescence are an effective means of developing a healthy body and mind. However, height, weight, muscle strength, bone density, and bone growth in adolescence do not necessarily follow the same level of growth, and the timing is not the same. When young people attempt to acquire skills specific to sports, they need to learn many basic skills, likely requiring a lot of practice time. The prevention and rehabilitation of sports injuries are important social issues for the healthy growth of young people. Based on this situation, this Special Issue aims to solicit papers and systematic reviews on the prevention and rehabilitation of sports injuries, and to move as close to solving this problem as possible.

I hope that many clinicians, including doctors, physical therapists, athletic trainers, and researchers in biomechanics and kinesiology, will participate in this project.





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## Message from the Editor-in-Chief

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**Journal Rank:** JCR - Q2 (*Health Policy & Services*) / CiteScore - Q2 (*Leadership and Management*)

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