



Joint Injuries and Exercise Rehabilitation

Guest Editors:

Dr. Alban Fouasson-Chailloux

Service de Médecine Physique et
Réadaptation Locomotrice et
Respiratoire, Centre Hospitalier
Universitaire de Nantes, 44093
Nantes, France

Dr. Marc Dauty

Service de Médecine Physique et
Réadaptation Locomotrice et
Respiratoire, Centre Hospitalier
Universitaire de Nantes, 44093
Nantes, France

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Message from the Guest Editors

Joint injuries can be responsible for long-term complications such as post-traumatic osteoarthritis, joint stiffness, or pain. These traumas can occur during sports practice, work activities, or everyday life. The early management of these traumas must be optimal in order to limit the risk of disability. Thus, imaging, surgery, and rehabilitation must be at the forefront of innovation. Physical exercise allows the maintenance of joint amplitudes and muscle trophicity while having a favorable impact on the preservation of function. Multi-professional collaboration is the core of this care. Particular attention is given to high-level athletes for whom injuries are a frequent risk, with significant consequences for their career. Rehabilitation exercises may have a preventive and protective impact on joint tissue degeneration but should be precisely and rationally prescribed. However, this issue is not limited to sports-related injuries but concerns all aspect of joint, muscle, or ligament injury management from the early phase to the late phase.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
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Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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Health* Editorial Office
MDPI, St. Alban-Anlage 66
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