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Sommario/riassunto	<p>Neuromechanics has been used to identify optimal rehabilitation protocols that successfully improve motor deficits in various populations, such as elderly people and individuals with neurological diseases (e.g., stroke, Parkinson's disease, and essential tremor). By investigating structural and functional changes in the central and peripheral nervous systems based on neuromechanical theories and findings, we can expand our knowledge regarding underlying neurophysiological mechanisms and specific motor impairment patterns before and after therapies to further develop new training programs (e.g., non-invasive brain stimulation). Thus, the aim of this Special Issue is to present the main contributions of researchers and rehabilitation specialists in biomechanics, motor control, neurophysiology, neuroscience, and rehabilitation science. The current collection provides new neuromechanical approaches addressing theoretical, methodological, and practical topics for facilitating motor recovery progress.</p>