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Sommario/riassunto	This volume explores adaptation, recovery, and regeneration, including training foundations, and the issue of tissue damage during physical activity – from basic and applied science perspective, and clinical/practitioner viewpoint. The chapters examine our current understanding of the etiology of tissue damage and explore current therapy techniques to remediate tissue damage post-injury, as well as strategies to minimize the occurrence of injury through proper preparation. The book employs a multidisciplinary approach to study how to best translate, utilize, and communicate the knowledge developed from current research into actual practice. In addition, the

book presents a crucial perspective on how current practice should voice issues and questions to fuel further research in the field. This material will be useful for upper undergraduate degree programs, as well as post graduate programs in kinesiology, physical therapy, occupational therapy, bio-engineering and other health sciences. It is also a good reference for practitioners and researchers in fields involving musculoskeletal heath and sports medicine, and who are interested in the area of tissue adaptation, recovery, and regeneration.