



Musculoskeletal System in Exercise and Rehabilitation: From Lab to Clinical Practice

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Message from the Guest Editors

Dear Colleagues,

The World Health Organization estimates that approximately 1.71 billion people suffer with musculoskeletal conditions worldwide. These conditions are typically characterized by pain and limitations in mobility, reducing people's ability to work. As a result of this, musculoskeletal dysfunctions are the most common reason for referrals to medical health services. In the sports field, the musculoskeletal system plays an essential role in sporting performance. Improvements in strength and flexibility, or changes in neuromuscular parameters (such as stiffness, root mean square or strength), could be vital in improving sports performance or in preventing injuries.

This Special Issue, to be published in the *International Journal of Environmental Research and Public Health (IJERPH)*, focuses on studying all the components of the musculoskeletal system (muscle, fascia, tendon, etc.), and how these structures are modified when movement or rehabilitation is applied. The methodology of the projects can range from observational studies to randomized clinical trials. While the samples analyzed can be anatomical or histological, or from patients or athletes.





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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.

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