Special Issue

Recent Advances in Musculoskeletal Rehabilitation and Treatment

Message from the Guest Editors

Musculoskeletal diseases are a wide range of conditions affecting bones, muscles, joints, and connective tissues. Treatment goals for musculoskeletal conditions include reduced pain, joint protection, and improved function and quality of life (QoL). The treatment strategies can use many resources available to treat musculoskeletal pain and limitations: exercise, medication, physical modalities, adaptive equipment, and arthritis education, including self-help and support groups. Strong recommendations for education and patient self-management have been made as the first-line treatment options for musculoskeletal disorders. The treatment of musculoskeletal diseases is undergoing significant innovation with the advent of new technologies. Digital health solutions, such as mobile apps and wearable devices, are increasingly integrated into rehabilitation and management strategies. Advances in Musculoskeletal Rehabilitation and Treatment hold great potential to progress the field of rehabilitation sciences by identifying novel techniques and methodologies to reduce error, eliminate medical referrals, and accurately predict consequential health outcomes.

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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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