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Musculoskeletal Disorders, Physical Therapy and Rehabilitation

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Message from the Guest Editor

Musculoskeletal (MSK) disorders can be caused by the impairment of body structures, such as muscles, joints, tendons, ligaments, and bones, which can impact how the body functions. Common characteristics are persistent pain, activity limitations, and participation restrictions, often affecting a person's independence, ability to work, and quality of life. Globally, MSK disorders were listed in the top five of the most common noncommunicable diseases in 2011-12, leading to significant socioeconomic problems, with projections that the number of people living with a disability caused by an MSK disorder is likely to rise, further impacting healthcare resources.

The majority of MSK disorders are managed conservatively and/or can be self-limiting; however, a proportion, estimated to be between 15 and 20%, do seek help and support from healthcare practitioners. Physical therapy and rehabilitation remain the most popular referral options for moderate to severe MSK problems, with good short- and long-term outcomes. At least one in every three people in the world needs rehabilitation at some point during the course of their disease or injury.



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Special Issue



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Message from the Editor-in-Chief

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