

Special Issue

Spinal Rehabilitation for Health and Performance: A Collection of Case Reports and Series

Message from the Guest Editors

Spinal disorders are major causes of work loss, suffering, and high healthcare costs globally. Research on effective spinal rehabilitation strategies have emphasized the impact of spinal alignment and posture on health, pain, and disability. Standardized objectives for spinal alignment and posture help guide management strategies. Evidence supports spinal rehabilitation for restoring alignment and posture, showing desirable long-term outcomes. This issue highlights the health benefits of spinal rehabilitation and advocates for continued research inspired by case reports/series.

We look forward to receiving your contributions.

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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