

Special Issue

Therapeutic Exercise and Health Education in the Management of Back Pain

Message from the Guest Editors

Back pain is recognised as one of the leading causes of disability worldwide, with substantial personal, social, and economic impacts. Contemporary evidence supports the use of multimodal strategies, particularly those that integrate therapeutic exercise and health education, as effective and sustainable approaches to enhance pain management, physical function, and overall quality of life. Despite these advances, challenges persist regarding clinical implementation, individualisation of interventions, and long-term adherence to treatment plans. We are pleased to invite you to contribute to this Special Issue, which seeks to explore and advance the scientific understanding of therapeutic exercise and health education in the management of acute, subacute, or chronic back pain. This Special Issue aims to bring together high-quality original research articles, systematic reviews, clinical trials, and qualitative studies that address the design, application, and assessment of exercise- and/or education-based interventions for back pain, whether in general or specific populations.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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