

Special Issue

Physical Activity and Chronic Pain Management

Message from the Guest Editor

Chronic musculoskeletal pain is a major public health problem worldwide and a leading cause of disability. Physical activity and exercise programs are widely recognized as effective non-pharmacological strategies for pain relief, functional improvement and improved quality of life. We are pleased to invite you to contribute to this Special Issue of *Healthcare*, which aims to explore the role of physical activity in the management of chronic musculoskeletal pain. Original research articles and reviews are welcome in this Special Issue. Areas of research may include (but are not limited to) the following:

- Benefits of physical activity in individuals with chronic musculoskeletal pain.
- Social and environmental barriers to physical activity in chronic pain
- Person-centered approaches and adaptations in exercise therapy.
- Pain science education and rehabilitation in chronic pain.
- Lifestyle-based interventions for pain management.
- Digital tools and technologies to support physical activity.

We look forward to receiving your contributions.

Guest Editor

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Deadline for manuscript submissions

31 March 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/248915

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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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