# Special Issue

# Advancing Health Through a Multidisciplinary Lens: Integrating Exercise, Nutrition and Pain Management

## Message from the Guest Editors

This Special Issue aims to explore the critical interplay between exercise, nutrition, and pain management, emphasizing a multidisciplinary approach involving physiotherapy, nutrition, and sport sciences. As research continues to show how these fields influence each other, a multidisciplinary approach is essential for developing effective strategies that promote health, enhance recovery, and improve quality of life. Topics of interest include the impact of exercise on chronic pain, the role of nutrition in musculoskeletal health, and innovative rehabilitation approaches that integrate these disciplines. Research on underlying physiological mechanisms, as well as practical applications for clinical practice, is also encouraged. By bringing together insights from different fields, this Special Issue aims to close the gap between research and clinical practice. We encourage original studies, reviews, observational studies, and case reports that provide new perspectives on integrative health strategies, helping healthcare professionals and researchers develop more effective, patient-centered approaches. We look forward to your contributions.

### **Guest Editors**

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## Deadline for manuscript submissions

24 February 2026



# **Healthcare**

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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

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

## Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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