

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.

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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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