

Special Issue

The Role of Exercise and Physical Activity in Rehabilitation

Message from the Guest Editors

Exercise and physical activity play a central role in functional recovery, disease prevention, and overall health promotion. Advances in rehabilitation science, driven by evidence-based practice, novel technologies, and interdisciplinary collaboration, have redefined strategies for optimizing patient outcomes. This *Healthcare* Special Issue, “**The Role of Exercise and Physical Activity in Rehabilitation,**” seeks to gather high-quality research, systematic reviews, and clinical reports that deepen our understanding of exercise-based rehabilitation approaches. Topics include physiotherapeutic and movement-based interventions, predictive modeling of functional recovery, wearable and assistive technologies, tele-rehabilitation, biopsychosocial factors, and the integration of artificial intelligence in rehabilitation. Studies exploring musculoskeletal, cardiovascular, metabolic, and neurological responses, as well as biomarker-based insights, are particularly welcome. We invite submissions of clinical trials, experimental research, reviews, meta-analyses, and case studies that advance innovation in rehabilitation science and practice.

Guest Editors

Dr. Estêvão Rios Monteiro

Graduate Program in Rehabilitation Science, Augusto Motta University Center, Rio de Janeiro 21031-060, Brazil

Prof. Dr. Paulo Marchetti

Strength Training Laboratory, California State University, Northridge, Northridge, CA 91330, USA

Deadline for manuscript submissions

31 October 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 5.5
Indexed in PubMed



mdpi.com/si/260869

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 5.5
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



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

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q1 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the first half of 2026).