

Special Issue

Instrumental Assessment and Therapeutic Exercise in Musculoskeletal and Neurological Rehabilitation

Message from the Guest Editors

Rehabilitation science increasingly relies on objective assessment tools and personalized therapeutic interventions to improve outcomes in individuals with musculoskeletal and neurological disorders. The integration of instrumental evaluation methods—such as dynamometry, surface electromyography (sEMG), inertial sensors, and pressure platforms—alongside therapeutic exercise protocols and pain education offers a promising approach to enhance clinical decision-making and monitor progress effectively. This Special Issue aligns closely with the scope of *Healthcare* and welcomes original research articles, systematic reviews, and clinical trials. Suggested topics include (but are not limited to):

- Objective assessment in musculoskeletal and neurological rehabilitation;
- Surface electromyography (sEMG), strength measurement, and progression;
- Use of inertial sensors and digital tools in rehabilitation;
- Clinical outcomes of therapeutic exercise interventions;
- Pain education and interdisciplinary management strategies.

We look forward to your valuable contributions to this timely and relevant topic.

Guest Editors

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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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