

## Special Issue

# Exercise Therapy: Improving Functionality, Physical Health, and Quality of Life

### Message from the Guest Editors

From a multidisciplinary perspective, this Special Issue calls for papers that comprehensively assess the interaction between exercise and active lifestyle with functional capacity, physical and psychological health, and quality of life. Especially in the last few decades, exercise therapy has emerged as a central element in managing the entire health continuum, covering injury prevention, rehabilitation, enhanced capacity, and quality of life. Exercise programs are designed to establish a specific, gradual, individualized, and functional environment that challenges individual capacities. Thus, this Special Issue welcomes manuscripts involving the analysis of health status, quality of life, and functional assessment, validating measurements for physical capacity. It aims to delve into the profound effects of exercise on individuals' physical and psychological spheres and provide a foundation for programs, tools, and devices that promote physical activity to enhance quality of life. Additionally, we welcome topics that include the integration of technology for functional exercise.

### Guest Editors

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### Deadline for manuscript submissions

31 May 2026



## Healthcare

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Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



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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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### Editor-in-Chief

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