

## Special Issue

# Advancements in Water-Based Exercises for Health Promotion and Rehabilitation

### Message from the Guest Editors

Water-based exercises, recognized for their unique properties such as buoyancy, resistance, and reduced gravitational load, have increasingly emerged as an effective approach for health promotion and rehabilitation. These exercises facilitate improved physical fitness, reduced pain, enhanced mobility, and accelerated recovery across diverse populations, including elderly individuals, people with chronic illnesses, and athletes in rehabilitation. For this Special Issue, we invite the submission of original research articles, systematic reviews, clinical trials, and evidence-based case studies addressing novel interventions, physiological and biomechanical responses, psychosocial impacts, technological advancements (e.g., wearable devices and virtual reality applications), and best practices in water-based exercise programs.

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### Guest Editors

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### Deadline for manuscript submissions

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## Healthcare

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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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