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 evidencebased 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.

Guest Editors

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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

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

issues.

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