

Special Issue

Rehabilitation Approaches to Reduce Frailty and Promote Healthy Aging

Message from the Guest Editor

Frailty Syndrome is a clinical condition with genetic and neuroendocrine origins that increases vulnerability to disease or stress in older adults. It is marked by reduced muscle mass and strength, low energy, and difficulty performing daily tasks. Fried's phenotype is the gold standard for diagnosis and includes five components: unintentional weight loss, exhaustion, physical inactivity, slow walking speed, and reduced grip strength. One or two symptoms indicate pre-frailty, while three or more indicate frailty. Common signs include weakness, slow walking, weight loss, and fatigue. While no specific rehabilitation strategy exists, physical activity, especially multicomponent programs with resistance and balance training, is widely recognized as effective. These interventions can prevent or reverse frailty, support healthy aging, and extend life expectancy. Frailty affects quality of life, work participation, and social inclusion. It increases risks of occupational injury, violence, and loneliness, making it a major public health concern. This Special Issue presents studies on treatment, rehabilitation, and prevention of Frailty Syndrome.

Guest Editor

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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