

Special Issue

Medicine and Exercise for Wellbeing: Effective Diagnosis and Non-Pharmacological Treatment in Chronic Conditions and Pain

Message from the Guest Editor

Chronic diseases represent one of the greatest challenges in modern clinical practice. Millions of people worldwide are affected by chronic conditions, such as metabolic diseases, cardiovascular conditions, and persistent pain.

Physical exercise is particularly recognized as a powerful tool for improving function and reducing the impact of chronic diseases. This Special Issue aims to explore the intersection of diagnostic methods, therapeutic approaches, and the implications of chronic diseases for public health.

Topics to be covered include:

Assessment Methods and Self-Assessment Tools: the importance and effectiveness of these methods in chronic disease rehabilitation and chronic pain management.

Non-Pharmacological Therapeutic Resources: the role of physical exercise, physical therapy, and behavioral interventions in managing musculoskeletal and metabolic chronic diseases, including chronic pain.

Advances in the Diagnosis of Chronic Diseases: imaging technologies and new diagnostic approaches for chronic diseases and chronic pain.

Psychosocial Aspects of Chronic Diseases: the impact of mental health on the experience of chronic pain and other chronic conditions.

Guest Editor

Dr. Pedro Miguel Forte

1. Department of Sports, Higher Institute of Educational Sciences of the Douro, 4560-708 Penafiel, Portugal
2. Research Center for Active Living and Wellbeing (LiveWell), Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal
3. Department of Sports, Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal
4. CI-ISCE, ISCE Douro, 4560-708 Penafiel, Portugal

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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