

Special Issue

Beyond Full Weight-Bearing Alone: Innovative, Individualized and Holistic Rehabilitation in Geriatric Orthopedic Trauma

Message from the Guest Editor

Rehabilitation after geriatric trauma remains insufficiently individualized despite the growing complexity of the orthogeriatric patient population. This Special Issue aims to provide a platform for innovative, evidence-based rehabilitation concepts in geriatric trauma care. It focuses on individualized, multimodal, and patient-centered aftercare pathways, including rehabilitation under restricted or delayed weight-bearing conditions, strategies for patients unable to comply with partial weight-bearing prescriptions, and supportive approaches such as wearable monitoring, digital tools, robotics, electrical stimulation, and interdisciplinary orthogeriatric care. Contributions should remain clearly centered on rehabilitation in geriatric trauma and on outcomes such as mobility, autonomy, quality of life, and long-term functional recovery. This Special Issue seeks to move the field beyond standardized postoperative instructions and toward precision rehabilitation that is better aligned with the needs and recovery potential of older trauma patients.

Guest Editor

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Message from the Editor-in-Chief

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