

Special Issue

Chronic Pain: Non-Pharmacological Treatments and Rehabilitation Strategies

Message from the Guest Editor

This Special Issue aims to collect the latest developments and cutting-edge research on the management of chronic pain. Musculoskeletal and neuropathic pain affect many people across different populations regardless of its etiology. Pharmacological therapies commonly represent the first line of treatment, but they are not always effective. This Special Issue will focus on the latest research on different non-pharmacological strategies to manage chronic pain and reduce its negative impact on both physical and mental health. Interventions of interest include but are not limited to exercise, physical therapy, health behavior change and cognitive behavioral therapies, administered alone or combined with pharmacotherapy. We accept submissions of interventions studies, reviews, and qualitative studies that explore patients and clinicians' perspectives on the non-pharmacological strategies to manage chronic pain. The goal of this Special Issue is to increase awareness of the options for the non-pharmacological management of chronic pain and highlight the existing gaps and future research directions.

Guest Editor

Dr. Matteo Ponzano

School of Health and Exercise Sciences, Faculty of Health and Social Development, The University of British Columbia, Kelowna, BC V1V 1V9, Canada

Deadline for manuscript submissions

30 December 2025



Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/si/219877

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

mdpi.com/journal/

jcm





Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



[mdpi.com/journal/
jcm](https://mdpi.com/journal/jcm)



About the Journal

Message from the Editorial Board

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!

Editors-in-Chief

Prof. Dr. Emmanuel Andr s

Internal Medicine Department, University Hospital Strasbourg, 67000
Strasbourg, France

Prof. Dr. Kent Doi

Department of Acute Care Medicine, University of Tokyo, Tokyo, Japan

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.7 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2025).