

Special Issue

Improving Physical Function, Bone and Muscle Health in Older Adults

Message from the Guest Editors

In recent years, there has been growing interest in the relationships between muscle and bone, and increased recognition that common factors exacerbate age-related muscle and bone loss. Moreover, there is evidence that therapies, such as exercise and nutritional interventions, which improve muscle health can be beneficial for bone health, and vice versa. In this Special Issue of the Journal of Clinical Medicine, we aim to provide our readers, including clinicians, allied health professionals, researchers and older adults themselves, with the latest evidence on the relationships between muscle and bone health. We invite manuscripts describing pre-clinical, epidemiological, intervention and implementation studies which explore potential strategies to promote the maintenance of muscle and bone health throughout the lifespan.

Guest Editors

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Deadline for manuscript submissions

closed (31 October 2021)



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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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