

Special Issue

The Effects of Resistance Training on Musculoskeletal Health

Message from the Guest Editor

This Special Issue invites researchers to contribute high-quality original studies and reviews that explore the effects of resistance training on musculoskeletal health, covering topics such as, but not limited to, the following:

- The role of resistance training in preventing and managing musculoskeletal disorders;
- Mechanisms by which resistance training enhances muscle, bone, and joint health;
- Optimizing resistance training parameters for rehabilitation and injury prevention;
- The effects of resistance training on mobility, function, and quality of life in aging populations;
- Comparative effectiveness of resistance training versus other rehabilitation modalities;
- Innovations in resistance training methods for musculoskeletal health.

We welcome contributions from experts in exercise science, physical therapy, sports medicine, rehabilitation, and related fields to advance our understanding of how resistance training can be leveraged to improve musculoskeletal health and function.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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Therapy, Sports Therapy and Rehabilitation)

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