

## Special Issue

# Innovative Perspectives in Physical Therapy and Health

### Message from the Guest Editors

This Special Issue, titled "Innovative Perspectives in Physical Therapy and Health", aims to gather original research articles and reviews that explore the latest evidence-based practices in physical therapy. We encourage submissions that address novel diagnostic tools, therapeutic interventions, and interdisciplinary approaches for managing musculoskeletal disorders, chronic pain, and other health-related conditions. Our goal is to highlight the key role of physical therapy in promoting health and well-being across diverse populations and to provide a deeper understanding of its benefits in both acute and chronic conditions. Topics of interest include but are not limited to: Novel applications of ultrasonography in physical therapy. Minimally invasive interventions for musculoskeletal disorders. Advances in pain management through physiotherapy techniques. Interdisciplinary approaches to rehabilitation and recovery. Evidence-based exercise and movement rehabilitation programs. Impact of physiotherapy on quality of life and functional outcomes.

### Guest Editors

Prof. Dr. Carlos Romero-Morales

Prof. Dr. Gustavo Plaza-Manzano

Prof. Dr. Ricardo Ortega-Santiago

### Deadline for manuscript submissions

30 March 2026



## Life

---

an Open Access Journal  
by MDPI

---

**Impact Factor 3.4**  
**CiteScore 6.0**  
**Indexed in PubMed**



[mdpi.com/si/218671](https://mdpi.com/si/218671)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

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

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





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



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



## About the Journal

### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

---

### Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona  
Institute of Science and Technology, 08028 Barcelona, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

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

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)