

## Special Issue

# Innovative Approaches in Physical Therapy and Rehabilitation

### Message from the Guest Editors

The aim of physiotherapy and rehabilitation is to treat, prevent, promote health and improve physical performance. Physical therapy and rehabilitation have undergone significant changes in recent years, adapting to new challenges and the demands of today's society.

As the world's population ages, there are more and more people with chronic diseases or disabilities.

Traditional methods have proven effective over the years, but with rapid advances in technology and research, there is a growing need to explore and implement innovative approaches in this field.

Innovation in physiotherapy and rehabilitation can take many forms, from new therapeutic techniques and exercises to advanced equipment and technologies such as virtual reality, robotics and tele-rehabilitation.

The aim of this Special Issue is to summarize new trends on assessment, prevention and therapeutic approaches in physical therapy and rehabilitation. Original articles, case reports, systematic reviews and meta-analyses are all welcome.

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### Guest Editors

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