

Special Issue

Benefits of Physical Activity in Neurological and Neuromuscular Disorders

Message from the Guest Editors

Neurological and neuromuscular disorders include a range of diseases affecting the nervous system or the function of muscles. Due to the complex nature of these conditions, research is still lacking in regard to other aspects apart from disorder-specific characteristics and how to treat them. Often, for these conditions, the lack of physical activity can negatively impact physical health, leading to an increased risk of some secondary conditions. Taking into account that cures are rare and conventional treatments are limited, exercise appears to be an alternative treatment for these disorders to restore personal autonomy, reduce disability, reverse the physical deconditioning resulting from sedentary behavior, and enhance overall health and well-being. Therefore, this Special Issue will highlight the role of physical activity and physical fitness as rehabilitation strategy for the control of neurological and neuromuscular disorders. Submissions from all disciplines will be considered, and experiments investigating exercise to attenuate the effects of these conditions on physical fitness are encouraged. Systematic reviews and specially meta-analyses on the topic are welcomed.

Guest Editors

Dr. Carlos Ayán

Well-Move Research Group, Faculty of Education and Sport Science,
Department of Special Didactics, University of Vigo, 36004 Pontevedra,
Spain

Dr. David Suárez-Iglesias

VALFIS Research Group, Institute of Biomedicine (IBIOMED), Faculty of
Physical Activity and Sports Sciences, University of León, 24071 León,
Spain

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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Prof. Dr. Edgaras Stankevičius
Medical Academy, Lithuanian University of Health Sciences, Kaunas,
Lithuania

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