

Special Issue

Breath and Balance: Interdisciplinary Insights into Respiratory-Based Rehabilitation

Message from the Guest Editor

For this Special Issue, we invite original studies and reviews that examine the two-way relationship between respiratory function and brain activity, including the role of respiration in modulating attention, emotional regulation, and cognitive flexibility. We especially welcome submissions that provide mechanistic insights into respiratory muscle training and neuroplasticity and their systemic effects across physical and mental domains. Contributions from across pulmonology, rehabilitation, neuroscience, and physiology are encouraged, to elucidate how specific respiratory interventions can enhance both physical and mental balance, offering fresh perspectives for integrated rehabilitation approaches.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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