

Special Issue

Nutritional Intervention and Clinical Management for Musculoskeletal Diseases

Message from the Guest Editors

Musculoskeletal (MSK) diseases—including osteoporosis, osteoarthritis, rheumatoid arthritis, and sarcopenia—are major causes of chronic pain and disability, especially in aging populations. These conditions strain healthcare systems, highlighting the need for effective prevention and management. While genetics and lifestyle play a role, nutrition is a key modifiable factor. Targeted dietary interventions can provide essential nutrients to maintain bone and muscle integrity, modulate inflammation, and promote tissue repair.

This Special Issue aims to collect cutting-edge research on nutrition and MSK health, spanning basic science to clinical applications. We invite studies on nutrient-driven mechanisms, preclinical dietary models, and personalized nutrition strategies. Submissions may include original research, reviews, or novel hypotheses addressing research gaps. The aim is to advance evidence-based dietary recommendations and therapies for better global MSK health outcomes.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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