# **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.

## **Guest Editors**

Dr. Ioannis Kanakis

Chester Medical School, Faculty of Health, Medicine and Society, University of Chester, Chester CH1 4BJ, UK

Dr. Ioanna Myrtziou

Chester Medical School, Faculty of Health, Medicine and Society, University of Chester, Chester CH1 4BJ, UK

## Deadline for manuscript submissions

15 April 2026



# **Nutrients**

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/235595

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

mdpi.com/journal/nutrients





# **Nutrients**

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





# **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.

### **Editors-in-Chief**

# Prof. Dr. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
   University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
   Preventive Medicine Service, Centro Hospitalario Universitario
   Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

#### Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

### **Author Benefits**

Palmas, Spain

#### 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, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)