



## Integrative Approaches to Musculoskeletal Disorders, Health-Related Issues and Physical Fitness: From Diagnosis to Management

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### Message from the Guest Editors

Musculoskeletal disorders affect a great number of people worldwide, from inactive individuals to professional athletes. They are typically characterized by pain and mobility limitations, leading to disability. By understanding the causes, prevention, and treatment of these conditions, healthcare providers can prevent long-term disability, improve quality of life, and enhance overall well-being for those experiencing musculoskeletal disorders. On the other hand, improving health-related physical fitness can reduce the risk of chronic diseases, improve physical and mental health, and increase performance.

This Special Issue aims to broaden knowledge about musculoskeletal disorders, health assessment and management, and physical fitness. We are pleased to invite clinicians, healthcare professionals and researchers to consider submitting their reports with a high-quality research methodology. Original research articles and reviews are welcome, including both clinical trials and observational studies evaluating physical fitness, musculoskeletal disorders, and physical and mental health issues, with a special focus on risk factors, diagnosis, prevention, and management.





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## Editor-in-Chief

## Message from the Editor-in-Chief

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