



## Physical Therapy for Healthy Aging

Guest Editor:

**Dr. Rocío Llamas-Ramos**

Department of Nursing and  
Physiotherapy, Faculty of Nursing  
and Physiotherapy, Universidad  
de Salamanca, 37007 Salamanca,  
Spain

Deadline for manuscript  
submissions:

**closed (30 November 2023)**

### Message from the Guest Editor

Life expectancy is increasing, and therefore we need to take care of ourselves in order to ensure a continued quality of life. Aging leads to physiological and functional changes that can detract from the quality of life over the years; sedentary lifestyles and the lack of work activity due to retirement lead to muscle atrophy and the loss of faculties such as coordination and reflexes, which can be associated with an increased risk of falls. Therefore, strategies aimed at the prevention and treatment of these changes are necessary to promote healthy aging. Physiotherapy is one of the disciplines for which the aim is to improve and maintain the physical capacities (strength, endurance, and flexibility) of patients in order to achieve an optimal level of health, and the recommendation of physical therapy and therapeutic physical exercise (either individually or in groups) is one of the most common prescriptions in this type of population. Active aging and a healthy lifestyle are the main tools to improve functionality and independence. In this Special Issue, all studies aimed at approaches to achieve healthy aging are welcome.





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Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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MDPI, Grosspeteranlage 5  
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