



Exercises and Musculoskeletal Disorders

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Message from the Guest Editors

Dear Colleagues,

Musculoskeletal disorders arise from different illnesses such as stroke or cerebral palsy at one hand or from chronic overload e.g., at the workplace, on the other hand. A malfunction of the musculoskeletal system is a great burden for each individual and significantly reduces the quality of life. Individuals suffer from pain and have difficulties to take part in activities of daily living.

Besides classical treatments with pharmaceuticals and/or surgeries, physical exercise has proven positive. The main advantage of exercise is the lack of adverse effects if applied correctly. Despite the overall positive effects of exercise on musculoskeletal disorders, many details including such as the optimal type, intensity, duration, and frequency of exercise are still unclear.

This special issue aims to provide evidence that physical exercise is a strong alternative to classical treatments in order to prevent and/or improve musculoskeletal disorders. We invite researchers to submit their experimental work or reviews on the effects of exercise on neuromusculoskeletal disorders.





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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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