



## Physiotherapy and Rehabilitation as Modern-Day Medical Challenge in Older Adults

Guest Editors:

**Prof. Dr. Marek Zak**

Institute of Health Sciences,  
Collegium Medicum, Jan  
Kochanowski University,  
Zeromskiego 5, 25-369 Kielce,  
Poland

**Prof. Dr. R. Scott Ward**

Department of Physical Therapy  
and Athletic Training, College of  
Health, University of Utah, Salt  
Lake City, UT 84112, USA

**Prof. Dr. Jorunn L. Helbostad**

Department of Neuromedicine  
and Movement Science, Faculty  
of Medicine and Health Sciences,  
Norwegian University of Science  
and Technology (NTNU), 7491  
Trondheim, Norway

Deadline for manuscript  
submissions:

**closed (31 May 2024)**

### Message from the Guest Editors

The steady aging of the world's population poses a widely acknowledged challenge to many domains of human life. The main focus is enhancing overall functional self-reliance in seniors and eliminating any undue anxiety from their daily life. This is why we aim to present a wide scope of research, mostly addressing innovative applications of modern technologies. Such an approach drives overall development and promotes appreciable advances in geriatric physiotherapy and rehabilitation worldwide.

We strongly believe this Special Issue will offer a perfect platform for sharing professional experience gained in different domains of geriatric medicine.

This Special Issue is endorsed by the Polish Society of Physiotherapy:

It is the Society's view that this Special Issue project, as presently continued by the Editors of Journal of Clinical Medicine, does indeed aim to address a wide spectrum of topical issues in the domain of geriatric rehabilitation, whilst focusing at the same time on the steadily growing potential of virtual reality (VR) technological solutions, effectively coming to the aid of conventional rehabilitation management, as proposed until recently.





an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Emmanuel Andrès**

Internal Medicine Department,  
University Hospital Strasbourg,  
67000 Strasbourg, France

### **Prof. Dr. Kent Doi**

Department of Emergency and  
Critical Care Medicine, University  
of Tokyo, Tokyo 113-8655, Japan

## Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's (JCM)* staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

## Author Benefits

**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, PMC, Embase, CAPus / SciFinder, and other databases.

**Journal Rank:** JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

## Contact Us

---

*Journal of Clinical Medicine* Editorial  
Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/jcm](http://mdpi.com/journal/jcm)  
[jcm@mdpi.com](mailto:jcm@mdpi.com)  
[X@JCM\\_MDPI](https://twitter.com/JCM_MDPI)