

Special Issue

New Advances in Musculoskeletal Physiotherapy: Exercise, Manual Therapy and Invasive Physiotherapy

Message from the Guest Editors

Musculoskeletal disorders and traumatic injuries represent a significant global health burden, affecting millions of individuals and reducing their quality of life. Advances in physical therapy have played a crucial role in improving the assessment, treatment, and prevention of these conditions. Exercise-based therapies, manual techniques, and emerging invasive physical therapy approaches, including dry needling and percutaneous electrolysis, are showing promising outcomes in managing pain, enhancing function, and accelerating recovery. Despite these advancements, challenges remain regarding the optimization of treatment protocols, patient-specific interventions, and the integration of innovative technologies. This Special Issue will gather high-quality research and reviews exploring the latest developments in musculoskeletal and orthopedic physical therapy. We invite contributions addressing clinical applications, the underlying mechanisms, and outcome-based studies to further refine evidence-based practices and improve patient care.

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Deadline for manuscript submissions

30 September 2026



Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/si/229079

Journal of Clinical Medicine
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