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The Rehabilitative Role of Protein: Protein Intake and Recovery of Muscle Mass, Strength, and Function

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Message from the Guest Editor

Rehabilitative nutrition is a term historically associated with clinical approaches for managing nutritional status in patients presenting with various pathologies associated with muscle wasting (e.g., cancer, AIDS, renal disease) to improve patient outcomes and decrease mortality. This approach has not been extended to individuals with muscle injury, recovering from orthopedic surgery procedures, or individuals with chronic diseases who experience losses in muscle mass and function. Only recently have traditional protein-specific sports nutrition initiatives aimed at muscle health been considered in the context of chronic disease and physical rehabilitation. In the proposed issue, ‘rehabilitative nutrition’ refers to dietary–protein-driven interventions that provide essential amino acids critical to attenuate the loss of muscle in various situations and physiological states and needed to support optimal gains in muscle mass, strength, and function.



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