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Special Issue Reprint

Clinical Updates in Physiotherapy for Musculoskeletal Disorders

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Musculoskeletal disorders represent one of the leading causes of pain, disability, and reduced quality of life worldwide, posing a major challenge for healthcare systems and clinical practice. In recent years, physiotherapy has evolved considerably, offering increasingly effective, evidence-based, and patient-centered strategies for the prevention and management of these conditions. This Special Issue, *Clinical Updates in Physiotherapy for Musculoskeletal Disorders*, aims to bring together current research and clinical advances in the field of musculoskeletal rehabilitation. Particular attention is given to innovative physiotherapy interventions, multidisciplinary and combined treatment approaches, and the growing role of personalized medicine and personalized physiotherapy in clinical decision-making. Given the multifactorial nature of musculoskeletal disorders, this Special Issue also highlights the importance of considering psychological, biological, lifestyle, and environmental factors that may influence patients' symptoms, recovery, and long-term outcomes. By adopting a more comprehensive and individualized perspective, the contributions collected in this issue seek to improve our understanding of musculoskeletal conditions and support more effective, holistic, and clinically relevant rehabilitation strategies. We hope that this Special Issue will provide valuable insights for researchers, clinicians, and healthcare professionals, and will contribute to advancing the quality of care for individuals affected by musculoskeletal disorders.

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