Applied Sciences

an Open Access Journal by MDPI

CiteScore: 6.1
Impact Factor: 2.9

Special Issue Reprint

New Insights into Physical Therapy

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Advances in technology and physical therapy have significantly enhanced rehabilitation outcomes across a wide spectrum of conditions. Injuries, chronic diseases, and disabilities can substantially affect functionality and quality of life, imposing a considerable burden on patients, society, and healthcare systems. New insights into physical therapy encompass innovative techniques and emerging technologies that transform rehabilitation practices and expand therapeutic possibilities. Beyond condition-specific rehabilitation, these advances may contribute to prevention, healthy aging, disability reduction, and the preservation of functional independence. Technological innovations also offer opportunities to overcome environmental barriers and enhance accessibility to rehabilitation services. Additionally, this Reprint presents innovative studies on assessment tools and techniques advancing physical therapy practices through a targeted and patient-centered approach. The studies included in this Reprint demonstrate the ways in which physical therapy continues to develop by incorporating technological innovations, novel exercise and rehabilitation interventions, advanced outcome measures, and multidisciplinary approaches.

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