



## Effects of Physical Therapy and Exercise in Musculoskeletal Disorders

Guest Editors:

**Prof. Dr. Luis Ceballos-Laita**

Department of Surgery,  
Ophthalmology and  
Physiotherapy, Faculty of Health  
Sciences, University of Valladolid,  
42004 Soria, Spain

**Prof. Dr. Sandra Jiménez-Del-Barrio**

Department of Surgery,  
Ophthalmology and  
Physiotherapy, Faculty of Health  
Sciences, University of Valladolid,  
42004 Soria, Spain

Deadline for manuscript  
submissions:

**closed (1 September 2023)**

### Message from the Guest Editors

In recent years, great advances have been made in the field of manual therapy, dry needling, neurodynamics, instrumental techniques and therapeutic exercise at clinical and research levels. In this Special Issue, we would like to continue collaborating with the advancement in the field of physical therapy to promote Evidence-Based Physiotherapy among clinicians and researchers.

Researchers and clinicians should use Evidence-Based Physiotherapy, which requires scientific proof. So, we would like you to contribute your research about physical therapy and/or exercise in musculoskeletal disorders to this Special Issue. This Special Issue aims to attract high-quality research on a wide range of physical therapy methods such as manual therapy, dry needling, diacutaneous fibrolysis, neurodynamics, education, or exercise therapy among others in different musculoskeletal disorders. We also expect other types of study designs based on methods of examination and assessment in different patients with musculoskeletal disorders.





an Open Access Journal by MDPI

## Editor-in-Chief

### Prof. Dr. Paul B. Tchounwou

School of Computer,  
Mathematical & Natural Sciences,  
Morgan State University, 1700  
East Cold Spring Lane, Baltimore,  
MD 21252, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:**— free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health*

MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
@IJERPH\_MDPI