

EDITORIAL

## The Invaluable Value of Interdisciplinary Rehabilitation

### El Valor Inestimable de la Rehabilitación Interdisciplinaria

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In an era marked by speed and constant change, adopting an integrated and interdisciplinary approach in all fields of knowledge is essential, especially in the lesser-represented areas of health sciences, where rehabilitation is no exception. With the increasing complexity of medical challenges and the diverse needs of patients, it is no longer sufficient to approach rehabilitation from a single angle. This underlines the importance of our journal, **Rehabilitation and Sports Medicine**.

The journal emerged as an answer to the imperative to unify different disciplines in research and clinical practice. On our pages, topics range from physical rehabilitation techniques to the emotions evoked through music therapy. We delve into the profound psychological impact that can accompany an injury or illness and how these challenges can be mitigated. We investigate the miracles of neuroplasticity and how, through neurological rehabilitation, brain connections can be restored and reconfigured. We also dive into the world of sports, offering solutions to restore our athletes and enable them to perform at their best.

The diversity of topics reflects our fundamental belief: rehabilitation is a holistic process that requires a deep understanding and integrated treatment of an individual's physical, emotional, and mental needs. We cannot treat a singular component of a human being without considering the intricate network of factors influencing their well-being.

By following an open-access model, we maximize the visibility of the published articles, ensuring that knowledge reaches the hands of those who need it most: researchers, professionals, and students worldwide. In this way, we hope to foster knowledge exchange, debate, and collaboration between disciplines, essential for progress in any field, especially in rehabilitation.

The invitation is open not just to submit original papers, reviews, brief communications, and case reports and to be part of a movement advocating for more comprehensive and interconnected rehabilitation. Our commitment is to present the latest and most significant advancements in rehabilitation practice and theory, ensuring each contribution represents a step forward in our collective understanding.

Our vision is clear: truly effective rehabilitation can only be achieved through collaboration and interdisciplinary understanding. We invite everyone to join us on this exciting and transformative journey toward a future where rehabilitation is more inclusive, effective, and empowering.