



## REGENERATIVE REHABILITATION: AN OVERLOOKED COMPONENT OF THE CELLULAR NICHE

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Welcome to the Regenerative Rehabilitation special topic issue of *Biologic Orthopedics* Journal. Over the past decade we have seen significant growth in the area of orthobiologics.<sup>1,2</sup> What was once a treatment reserved for only a few, has become a mainstay of orthopedic care.<sup>3,4</sup> As our knowledge base grows in orthobiologics, important players in the cellular niche must not be overlooked. These “synergistic” players, are often referred to and classified under the umbrella of *regenerative rehabilitation*. Regenerative rehabilitation encompasses those interventions that can augment the cellular and molecular benefits of orthobiologic treatments.<sup>5</sup>

This regenerative rehabilitation special topic issue contains articles from an international author list and a wide array of topics that may be useful for a multidisciplinary team of healthcare professionals including physicians, physiotherapists, exercise professionals, and healthcare researchers or biologists involved in the care of patients with musculoskeletal disorders. While this issue covers the scientific evidence underpinning the latest evidence for regenerative rehabilitation interventions, the practical applications are not overlooked, so

clinicians may use the information readily in their practice.

The articles in this issue cover a wide range of topics related to regenerative rehabilitation including but not limited to shockwave therapy, blood flow restriction training, photobiomodulation, physiotherapy (mechanotherapy), as well as common conditions including low back pain, shoulder osteoarthritis, and lateral epicondylalgia.<sup>6-12</sup> While some articles are specific to a particular topic such as photobiomodulation, others provide examples of how regenerative rehabilitation may be incorporated into the plan of care following an orthobiologic procedure.

We are grateful for the authors who contributed to the issue and the reviewers who worked with the authors and editors to help develop manuscripts that will be useful for an eclectic group of healthcare providers who share the goal of improving patient care and outcomes. Last and certainly not least, the editors would like to thank our editorial manager Scott Bryant, and the funding body, Biologic Orthopedics Society who provided much-needed support and guidance throughout the issue.

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