

# Is exercising once a week enough to maintain the strength and function of older adults post discharge from a day rehab centre?

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Status	RECRUITING
Phase	Phase 1
Sponsor	NHMRC
Enrollment	105 participants

## Plain Language Summary

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This study looks at whether exercising once a week in the community (rather than twice a week) is enough to maintain or improve the physical fitness, balance, and independence of older adults after they are discharged from a day rehabilitation program. The study also looks at the cost-effectiveness of each approach.

You may be eligible if:

- You are 60 years of age or older
- You have a musculoskeletal problem involving your spine or lower limbs, or general deconditioning
- You have attended a Day Rehabilitation Centre for an initial assessment

You may NOT be eligible if:

- Your main diagnosis is a neurological condition, or a heart or breathing problem
- You are currently still a client of the Day Rehabilitation Centre
- You have been diagnosed with dementia or have significant cognitive impairment

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (1)

- Primary diagnosis of musculo-skeletal impairment involving the spine and/or lower limbs or non-specific general de-conditioning and reduced functional mobility. Attended Day Rehabilitation Centre for initial assessment. Greater than or equal to 60 years of age.

### Exclusion (1)

- Primary diagnosis of neurological impairment or cardiac or respiratory dysfunction. Current client of the Day Rehabilitation Centre. Less than 60 years of age. Diagnosed dementia or cognitively impaired.

## Locations (1 total)

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Australia