

Virtual Tai ji Quan Exercise to Prevent Falls in Older Adults

NCT05822466

Status	RECRUITING
Phase	Not Applicable
Sponsor	Oregon Research Institute
Enrollment	620 participants

Key Eligibility Criteria

Inclusion (2)

- age between 65 and 90 years and
- having had 1 or more falls in the preceding 12 months or having a score \leq 12 seconds on the Timed Up&Go (TUG) test.

Exclusion (5)

- showing a diagnosis of dementia or significant cognitive impairment, as indicated by a score of $<$ 24 on the Mini Mental State Evaluation (MMSE, range: 0-30);
- being unable to ambulate independently for household distances; (c) having no medical clearance;
- having participated in any regular and structured tai ji quan-based or multicomponent exercise programs (\geq 2 times weekly) in the preceding 6 months;
- having any physical condition that would preclude participation in moderate-intensity exercise; and
- being unwilling to commit to the duration of the intervention or accept group assignment.

Locations (1 total)

Oregon Research Institute, Springfield, Oregon, United States