

Improving Strength and Balance Through Exercise With LudoFit

NCT05993013

Status	RECRUITING
Phase	Not Applicable
Sponsor	Shirley Huang
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (4)

- Patient is interested in a home-based exercise program.
- The patient is independent with activities of daily living and instrumental activities of daily living.
- Patient agrees to return for 3-month follow-up.
- Patient must speak English or French.

Exclusion (5)

- Patient has the following physical functional performance:
- Berg Balance Scale score of 45 or less
- Unable to safely and independently reach at least 5 inches to the side and forward
- Unable to safely and independently reach down, touch floor and then return to start position
- Patient has diagnosed or suspected cognitive impairment.

Locations (1 total)

The Ottawa Hospital, Ottawa, Ontario, Canada