

Effect of Modified Poco-Poco Exercise to Frailty Stages, Expression of Global DNA Methylation, GDF15 and Lamin A COP

NCT06628895

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universitas Padjadjaran
Enrollment	17 participants

Key Eligibility Criteria

Inclusion (4)

- Frailty level is in pre-frailty
- MoCA INA score above 18
- Domicile in Bandung City
- Willing to participate in the study after informed consent

Exclusion (9)

- There is a hearing impairment that may prevent the subject from receiving verbal instructions
- There is uncorrected visual impairment
- There are musculoskeletal disorders so that they cannot perform exercise procedures or procedures for measuring research variables
- Subjects received other rehabilitation programs
- Post-stroke with average limb muscle strength below three
- ... and 4 more (see full listing online)

Locations (1 total)

Puskesmas Sekejati, Bandung, West Java, Indonesia