

Optimal Intensity of Reactive Balance Training for Healthy Older Adults

NCT06657989

Status	RECRUITING
Phase	Not Applicable
Sponsor	Toronto Rehabilitation Institute
Enrollment	96 participants

Key Eligibility Criteria

Inclusion (1)

- Community-dwelling older adults (65-80 years old)

Exclusion (7)

- Unable to stand independently without upper-limb support for ≥ 30 seconds and/or walk independently (without a gait aid) for ≥ 10 metres;
- Diagnosed neurological condition that could affect balance control (e.g., stroke, Parkinson's disease);
- Score below normative values on the Montreal Cognitive Assessment;
- Score below age-matched normative values for sensory and motor function, as assessed using the FallScreen battery;
- Have insufficient English language comprehension such that they cannot understand instructions;
- ... and 2 more (see full listing online)

Locations (1 total)

University Health Network, Toronto, Ontario, Canada