

Effects of Balance Training with and Without Gaze Stability Exercises on Cognitive Function Balance and Dynamic Postural Stability in Older Adults with Mild Cognitive Impairment

NCT06672367

Status	RECRUITING
Phase	Not Applicable
Sponsor	Foundation University Islamabad
Enrollment	32 participants

Key Eligibility Criteria

Inclusion (4)

- Age group: 55 years and above older adults.
- Both male and female.
- Having mild cognitive impairment (MCI) having score of 18-25 on Montreal Cognitive Assessment Scale (Urdu version).
- Ability to understand simple instruction and those who are capable of participating in physical exercise programs.

Exclusion (3)

- Diagnosed neurological and psychiatric disorders.
- Those unable to engage in physical activity due to mobility limitations.
- Individuals with significant visual and hearing impairments affecting participation in gaze stability exercises.

Locations (1 total)

Foundation University College of Physical Therapy, Islamabad, Pakistan