

# Feasibility of High-intensity Functional Exercise with Simultaneous Cognitive Challenge for Older People with Falls Risk

NCT06774508

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Umeå University
Enrollment	33 participants

## Key Eligibility Criteria

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### Inclusion (4)

- aged 75 years or older
- moderate risk of falling (feeling unsteady or afraid of falling, or having fallen in the past year, with a self-selected gait speed  $\leq 0,8$  m/s or TUG  $\geq 15$  s without walking aid)
- can walk independently indoors, without a walking aid
- can walk 500m independently outdoors, with or without a walking aid

### Exclusion (3)

- a high fall risk (e.g. falls in the past year, serious injury e.g. hip fracture from a fall in the past year requiring medical care, or inability to get up from the floor after a fall)
- Mini-Mental State Examination (MMSE) score  $\leq 24$  or dementia diagnosis
- a medical condition that may affect participation in high-intensity gait, balance, and leg strength exercise, or other movement-related conditions affecting exercise or tests (e.g., pain, dizziness, visual or hearing impairment)

## Locations (1 total)

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Umeå University, Umeå, Sweden