

Self-initiated Perturbation-based Training in Older Adults

NCT06774833

Status	RECRUITING
Phase	Not Applicable
Sponsor	The Hong Kong Polytechnic University
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (5)

- Community-dwelling adults aged 60 years old or older
- Able to communicate effectively in Cantonese or Mandarin
- Able to walk independently on level ground for at least 30 minutes
- Abbreviated Mental Test (Hong Kong version) score ≥ 6
- Have fallen in the preceding year, have concerns about falling, or feel unsteady while walking or standing.

Exclusion (4)

- Uncorrected vision or hearing impairment
- Osteoporosis
- Hip or knee replacement within the last year
- Have musculoskeletal, cardiovascular, mental, or neurological disorders that preclude their participation in the assessment or intervention safety

Locations (1 total)

The Hong Kong Polytechnic University, Hong Kong, Hong Kong, Hong Kong