

Comparison of Square Stepping Exercise and Wobble Board Exercise in Elderly Population

NCT07150364

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	38 participants

Key Eligibility Criteria

Inclusion (5)

- Elderly individuals age 60 years and above of both genders according to the guidelines of World Health Organization (WHO).
- Participants whose Mini Mental State Examination (MMSE) score will be $\geq 24/30$ ensuring sufficient cognitive ability to follow instructions and participate in exercise.
- Participants whose Berg Balance Scale scores of more than 41/56 ensuring that the participants have moderate level of balance ability.
- Vital signs within normal range for elderly population.
- Ability to walk independently with or without an assistive device (e.g., canes).

Exclusion (3)

- Participants who have severe musculoskeletal or neurological disorders affecting gait or balance (e.g., Parkinson's disease, and stroke) because of the complex impacts of these conditions on general cognitive and physical functions.
- Participants who undergoes recent fractures or injuries affecting participation in physical activity.
- Participants who have uncontrolled cardiovascular or metabolic conditions (e.g., uncontrolled hypertension, and diabetes mellitus) that could significantly interfere with exercise.

Locations (1 total)

Khursheed Old Home, Lahore, Punjab Province, Pakistan