

Health and Gait Outcomes in Elderly Dancers Compared to Inactive Adults

NCT07170241

Status RECRUITING
Sponsor Dr. Kovács Éva
Enrollment 180 participants

Key Eligibility Criteria

Inclusion (3)

- aged 25-40 years (for middle-aged group); aged 65 years or over (for older people group);
- participating in senior dance class at least once a week for at least three months (for dancing group); not participated in any physical activity in the previous 6 months
- being able to walk at least 6 meters

Exclusion (3)

- having neurological diseases (hemiplegia, Parkinson's disease, neuropathy affecting the lower limbs)
- using a walking aid
- suffering from injury affecting the lower limbs occurred in the past six months

Locations (2 total)

Semmelweis University, Budapest, Hungary
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