

High Velocity Resistance Training Versus Otago Exercise Training on Falling Risk in Elderly

NCT07204808

Status	RECRUITING
Phase	Not Applicable
Sponsor	Beni-Suef University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (5)

- Age \geq 65 years old.
- Both sex.
- Have limited their activity level due to concern about falling (with or without falling) score by short -FES \geq 7 and by fall risk check list \geq 4.
- Participants will be independently ambulating

Exclusion (8)

- Any uncontrolled non musculoskeletal conditions that would make testing difficult and uncomfortable such as chronic obstructive airways disease and/or congestive heart failure.
- A pre-existing neurological condition that affects lower-limb strength, balance and or ambulation (e.g., polio, stroke).
- Any uncontrolled musculoskeletal or orthopedic conditions that may affect ambulation (e.g. rheumatoid arthritis).
- Severe cerebrovascular or peripheral venous insufficiency.
- History of surgery within the past 6 weeks.
- ... and 3 more (see full listing online)

Locations (1 total)

Beni-suef University, Cairo, Cairo Governorate, Egypt