

COMMUNITY-BASED POWER TRAINING IN FALLER AND NON-FALLER OLDER ADULTS: A FEASIBILITY AND FALL RISK STUDY.

NCT07369440

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Maia
Enrollment	120 participants

Key Eligibility Criteria

Inclusion (2)

- Age between 65-85 years;
- Fall history over the 12 months prior to enrollment (fallers group).

Exclusion (4)

- Any existing medical conditions or injuries which would affect the ability or safety to perform exercise;
- Taking medication affecting balance (such as sedatives, anti-depressives);
- Regular (more than 1d/week) participation in resistance training with loading greater than bodyweight during the last year;
- BMI greater than 32 kg/m².

Locations (1 total)

Maia Municipal Sports Hall, Maia, Porto District, Portugal