

# Foot Strengthening to Improve Balance and Gait in Older Adults

NCT07384754

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Indiana University
Enrollment	160 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Healthy adults: age 45-85 years old
- Able to walk without an assistive walking device or lower limb prosthesis
- No history of foot or ankle surgery
- No history of regular minimalist footwear use
- No foot or ankle issues for which study activities may be contraindicated
- ... and 1 more (see full listing online)

### Exclusion (5)

- Deemed unfit for physical activity by the Physical Activity Readiness Questionnaire (PAR-Q)
- Current or history of an unresolved musculoskeletal, neurological, cardiovascular, pulmonary/respiratory, metabolic, renal condition, disease, or problem
- Use of orthotics in daily (i.e., non-athletic) footwear
- Pregnancy
- Any other disease or problems that may affect movement or the ability to exercise even at a low intensity

## Locations (1 total)

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School of Public Health-Bloomington, Bloomington, Indiana, United States