

Comparison of Smartphone and Community-Based Delivery of the Otago Exercise Program for Fall Risk in Older Adults

NCT07433153

Status	RECRUITING
Phase	Not Applicable
Sponsor	Binghamton University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- Community-dwelling older adults 55 years of age or older
- Communicate in English
- Able to ambulate at least 10 meters with or without an assistive device.
- Cognitively intact based on scoring 18/22 or greater on the Montreal Cognitive Assessment (MoCA)-Blind during a phone screening process
- Have access to an Android or iOS smartphone
- ... and 1 more (see full listing online)

Exclusion (6)

- Lower limb amputation
- Visual impairment uncorrectable with lenses
- Uncontrolled hypertension, diabetes, neurological or musculoskeletal impairment
- Persistent symptoms of dizziness or lightheadedness
- Spine or lower-extremity surgery in the past 12 months
- ... and 1 more (see full listing online)

Locations (1 total)

Binghamton University, Binghamton, New York, United States