

Effects of the Otago Exercise Program on Balance, Endurance, and Motor Coordination in Children With Down Syndrome

NCT07484464

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Clinically diagnosed with Trisomy 21.
- Aged between 8-14 years.(29)
- Able to follow basic verbal instructions.
- Ambulatory with or without assistive devices

Exclusion (4)

- Severe visual or auditory impairments.
- Patient with moderate to severe cognitive impairments. (29)
- Co-morbid neurological conditions (e.g., uncontrolled seizures, cerebral palsy).
- Cardiac contraindications to moderate physical activity

Locations (1 total)

Gulab Devi, Lahore, Punjab Province, Pakistan