

Strength and Balance Integration in Maintenance Cardiac Rehabilitation for Older Adults

NCT07500077

Status	RECRUITING
Phase	Not Applicable
Sponsor	Glasgow Caledonian University
Enrollment	53 participants

Key Eligibility Criteria

Inclusion (4)

- English-speaking older adults
- Aged e50 years old
- Able to provide written informed consent
- Currently engaged with community-based Maintenance Cardiac Rehabilitation exercise classes within Scotland for at least 6 months

Exclusion (4)

- Show symptoms of an unstable cardiovascular medical condition
- Have moderate or severe cognitive impairment (can neither understand nor write the informed consent form, and/or cannot follow instructions)
- Have upper or lower limb amputation
- Have had upper or lower limb fractures in the past six months.

Locations (1 total)

Glasgow Caledonian University, Glasgow, United Kingdom