

**The importance of trunk muscle strength for balance, functional performance, and fall prevention in seniors: a systematic review**

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Sports medicine

2013; 43(7):627-641

**ARTICLE IDENTIFIERS**

DOI: 10.1007/s40279-013-0041-1

PMID: 23568373

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 0112-1642

eISSN: 1179-2035

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.