

The effectiveness of a community-based exercise program on balance performance and fear of falling in older non-fallers at risk of falling: a randomized, controlled study

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Journal of aging and physical activity

2016; 24(4):516-524

ARTICLE IDENTIFIERS

DOI: 10.1123/japa.2015-0224

PMID: 26796916

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 1063-8652

eISSN: 1543-267X

OCLC ID: 26150256

CONS ID: not available

US National Library of Medicine ID: 9415639

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