

The effectiveness of traditional Chinese medicine-based exercise on physical performance, balance and muscle strength among older adults: a systematic review with meta-analysis

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Aging clinical and experimental research

2021; ePub(epub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1007/s40520-021-01964-2

PMID: unavailable

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2002243334

pISSN: 1594-0667

eISSN: 1720-8319

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101132995

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