

The addition of active stretching to balance strategy exercise is the most effective as a home-based exercise program in improving the balance of the elderly

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Journal of midlife health

2021; 12(4):294-298

ARTICLE IDENTIFIERS

DOI: 10.4103/jmh.jmh_184_21

PMID: 35264836

PMCID: PMC8849147

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0976-7800

eISSN: 0976-7819

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101552746

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