

Effects of an exercise program combining unsupervised home exercises and supervised group-based exercises on fall-related variables in older adults: a randomized controlled trial

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European geriatric medicine

2022; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1007/s41999-022-00724-3

PMID: 36515868

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2010243843

pISSN: 1878-7649

eISSN: 1878-7657

OCLC ID: 680631924

CONS ID: not available

US National Library of Medicine ID: 101533694

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