

Balance confidence improves with resistance or agility training. increase is not correlated with objective changes in fall risk and physical abilities

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Gerontology

2004; 50(6):373-382

ARTICLE IDENTIFIERS

DOI: 10.1159/000080175

PMID: 15477698

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0304-324X

eISSN: 1423-0003

OCLC ID: 01911556

CONS ID: not available

US National Library of Medicine ID: 7601655

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