

Comparative effects of horse exercise versus traditional exercise programs on gait, muscle strength, and body balance in healthy older adults

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Journal of aging and physical activity

2015; 23:78-89

ARTICLE IDENTIFIERS

DOI: 10.1123/JAPA.2012-0326

PMID: 25535327

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.