

Eccentric versus traditional resistance exercise for older adult fallers in the community: a randomized trial within a multi-component fall reduction program

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BMC geriatrics

2017; 17(1):e149

ARTICLE IDENTIFIERS

DOI: 10.1186/s12877-017-0539-8

PMID: 28716003

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2002243088

pISSN: not available

eISSN: 1471-2318

OCLC ID: 48983839

CONS ID: not available

US National Library of Medicine ID: 100968548

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