

Effectiveness of a sensorimotor exercise program on proprioception, balance, muscle strength, functional mobility and risk of falls in older people

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Frontiers in physiology

2024; 15:e1309161

ARTICLE IDENTIFIERS

DOI: 10.3389/fphys.2024.1309161

PMID: 38694207

PMCID: PMC11061438

JOURNAL IDENTIFIERS

LCCN: 2011243393

pISSN: not available

eISSN: 1664-042X

OCLC ID: 713799437

CONS ID: not available

US National Library of Medicine ID: 101549006

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