

# **Effects of proprioceptive neuromuscular facilitation technique on balance function and muscle health in older adults with high fall risk**

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Journal of gerontological nursing

2024; 50(8):37-44

## **ARTICLE IDENTIFIERS**

DOI: 10.3928/00989134-20240702-03

PMID: 39088051

PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 0098-9134

eISSN: not available

OCLC ID: 02243369

CONS ID: not available

US National Library of Medicine ID: 7510258

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