

Title:

Reduction of preventable falls in the older population through adequate training

Objective:

Does adequate training reduce the risk of falls through improvement in balance and strength?

Methods:

- Type of study: Pilot observational, randomized multicenter study in gyms
- Duration: 6 months
- Intervention: Kieser vs. standard training
- Methods: ISAR score, Demographic data, mini nutritional assessment, EQ-5D, timed-up-and-go, grip strength, osteoporosis screening

Standardized test and questionnaires as described in the methods section are used at certain test intervals

- t_0 : before the intervention
- t_1 : 3 months after intervention began
- t_2 : 6 months after intervention began

Proband sample:

Power analysis to be performed to determine sample size

Inclusion criteria:

- Probands (male and female) between 65 and 79 years with a positive ISAR score
- Probands (male and female) > 80 years

Exclusion criteria:

- Probands refusing participation in study
- Probands < 65 years of age
- Probands unable to participate in regular training activities