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Title: A personalised exercise programme for individuals with lower limb amputation reduces falls and improves gait biomechanics: A block randomised controlled trial

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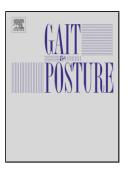
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## ACCEPTED MANUSCRIPT

A personalised exercise programme for individuals with lower limb amputation reduces falls and improves gait biomechanics: A block randomised controlled trial

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Clinical Trials Registration Number: ISRCTN30210699 (ISRCTN Registry)

#### **Highlights**

- A 12-week personalised exercise programme reduced falls in lower limb amputees
- Walking speed increased by 0.21m·s<sup>-1</sup>, indicating a clinically meaningful change
- Bilateral improvements in concentric power generation were seen at the hip
- The intact ankle demonstrated increases in concentric and eccentric power
- Participants evidenced more confidence transitioning into prosthetic single support

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