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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 $0.21\text{m}\cdot\text{s}^{-1}$, 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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