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Padhraic Smyth

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 PUBLICATIONS | FALL PREVENTION AND REHABILITATION ... Simpkins, C., Yang, F. Muscle power is more important than strength in preventing falls in community-dwelling older adults, *Journal of Biomechanics*, 2022, 134: 111018. The impact of 12 weeks combined resistance and balance ... Jul 1, 2025 · Improving balance and muscle strength has been shown to reduce the risk of falls in older patients, but the importance of muscle power is less investigated. To evaluate changes ... **Hamstrings-quadriceps strength ratio could be related to falls in ...** Aug 1, 2024 · A few studies documented that leg muscle power is significantly larger in older fallers than in their non-faller counterparts (Han and Yang, 2015, Simpkins and Yang, 2022, ... Muscle Power Versus Strength as a Predictor of Mortality in ... Apr 30, 2025 · In this large prospective study, relative muscle power was a stronger predictor of mortality than relative strength in middle-aged and older men and women. Evaluating and ... *Caroline Simpkins - Google Scholar* Do dance style and intervention duration matter in improving balance among people with Parkinson's disease? A systematic review with meta-analysis. **Powerpenia, A New Biomarker for Healthy Aging and Longevity.** Mar 15, 2025 · Research shows that muscle power declines more rapidly with age than muscle strength or mass. This means that even if a person retains their muscle size and some ... **Muscle power is more important than strength in preventing falls ...** Feb 23, 2022 · The primary purpose of this study was to determine whether muscle strength or power is a better predictor of fallers (including both single and recurrent) in everyday living ... *Muscle power is more important than strength in preventing falls ...* Alcazar, The sit-to-stand muscle power test: an easy, inexpensive and portable procedure to assess muscle power in older people, *Exp. Gerontol.*, № 112, c. 38

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