

## **Feasibility and Effectiveness of a Novel Intervention Integrating Physical Therapy Exercise and Dance Movement Therapy on Fall Risk in Community-Dwelling Older Women: A Randomized Pilot Study**

In the presentation, we will introduce a novel fall prevention intervention that integrates physical therapy exercise (PTE) with dance movement therapy (DMT). Based on the Otago Exercise Program and DMT techniques, the intervention aimed to address the emotional experience during physical exercise. Participants were randomly assigned to either a PTE+DMT intervention group or a PTE control group. Pre-post intervention tests conducted to evaluate both physical and emotional fall risk factors, as well as factors influencing treatment adherence. The study results revealed significant improvements in balance and fear of falling within the PTE+DMT group when compared to the PTE group. These findings highlight the feasibility and potential benefits of this integrated intervention approach to mitigate fall risk in older adults. Moreover, they underscore the importance of fostering collaboration among researchers to develop innovative holistic strategies for fall prevention and promote health and well-being in the aging population.