

Exergame-Based Training to Promote Mobility and Cognitive Function in Older Adults: A Proof-of-Concept Study



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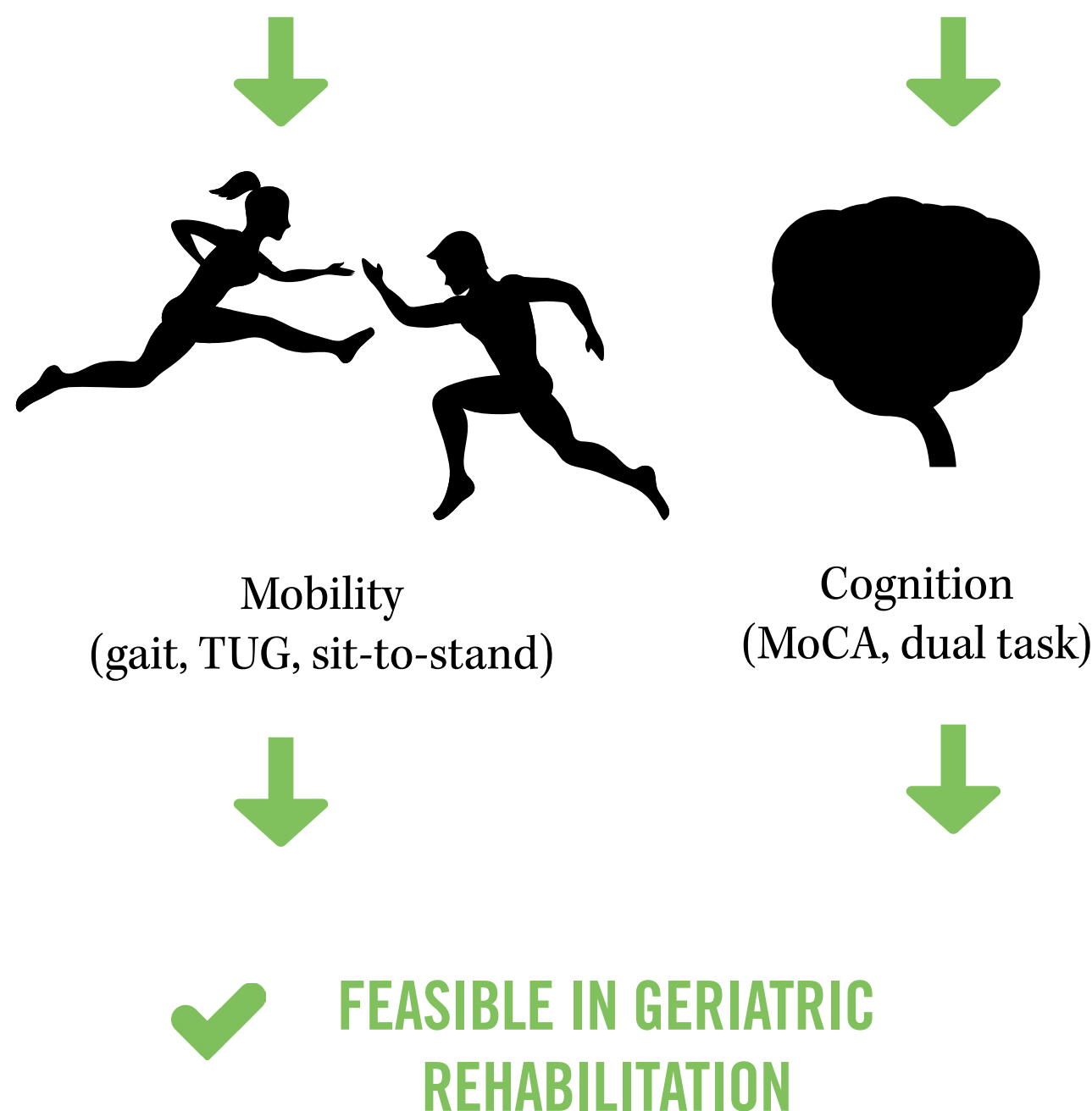
OBJECTIVE

- This study aims to evaluate how exergaming can improve motoric function in older adults undergoing geriatric rehabilitation.

METHODS

- Pilot study: exergame training in healthy older adults (>65yrs) and patients in a geriatric rehabilitation setting
- Pre-/post-measurements: MoCA, TUG (single/dual Task), gait speed test, sit-to-stand test
- Descriptive analysis to detect preliminary trends in alterations of motoric and cognitive parameters

EXERGAME TRAINING



KEY FINDINGS AND MAIN CONCLUSIONS

- ✓ Exergame training improved mobility and cognitive performance
- ✓ The intervention was feasible in geriatric rehabilitation
- ✓ Training required adaptation compared with community-dwelling older adults
- ✓ Larger controlled studies are needed to confirm efficacy