

# Effects of Dual Task Training on Geriatric Patients with Balance Impairment: A Narrative Review

SHIVANGI GUPTA<sup>1\*</sup>, APOORVA TIWARI<sup>2</sup>

## ABSTRACT

Dual Task (DT) training a promising approach that helps in improving gait and balance of especially geriatric patients. It includes simultaneous training of motor or cognitive dual tasks with conventional training. Examining and evaluating the effects of DT training on older adults with balance issues is the driving force for this research. In order to identify the best course of action for patients, this study will examine numerous well-established methods. Many databases were searched such as Research Gate, PubMed, and many more. The articles researched and included were not any older than 2013. Extracted data on participant characteristics (age, gender, baseline balance status), dual-task training specifics

(type, duration, frequency), and outcomes (balance improvement, gait performance, and fall reduction) to assess its effectiveness in geriatric populations. Outcome of this examination reveals positive changes after introducing DT training in the treatment protocol of patients. This introduction also helped in improving both static and dynamic balance especially with patients having a history of tumbling. Outcome of this study further proves the scenario that dual task training is a promising approach and should be used in combination with other protocols for geriatric patients with balance impairment for better results.

**Keywords:** Cognitive dual task, Dual task exercises for elderly, Fall risk prevention

### PARTICULARS OF CONTRIBUTORS:

1. Postgraduate Student, Department of Physiotherapy, School of Allied Health Sciences, Sharda University, 201310 Greater Noida, U.P, India.
2. Assistant Professor, Department of Physiotherapy, School of Allied Health Sciences, Sharda University, 201310 Greater Noida, U.P, India.

### NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

\*Shivangi Gupta  
Department of Physiotherapy, School of Allied Health Sciences, Sharda University, 2023535506.  
E-mail: shivangi@pg.sharda.ac.in