



# The Effect of Balance Dual-task Exercises on Balance, Falling, and Activities of Daily Living in Stroke Patients: A Randomized Clinical Trial

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Article Info	A B S T R A C T
<b>Article type:</b> Original article	<b>Background and Aim:</b> Dual-task training programs are one of the methods used in various neurological diseases to improve symptoms. However, the effect of these exercises on the rehabilitation process of balance, falling, and activities of daily living in patients with stroke are unclear. Therefore, the purpose of this study is to investigate the effect of dual-task exercises on balance, falling, and activities of daily living in stroke patients.
<b>Article History:</b> Received: 20 January 2020 Revised: 04 March 2020 Accepted: 14 May 2020	<b>Materials and Methods:</b> In this experimental study, 32 patients with stroke were divided into experimental and control groups of 16 patients. The study included 12 sessions of 45-60 minutes performed 3 days a week for 4 weeks. Variables before the study began, after the completion of the study and 2 months after the completion of the study using tools MMSE, BERG, TUG, and FIM measured.
<b>Keywords:</b> Activities of daily living Balance Cognitive-motor interference Dual-task Falling Stroke	<b>Results:</b> The mean score of the BBS in the post-test and follow-up were significantly different in the two groups (p-value <0.05). The mean score of the FIM in the pre-test, post-test and follow-up were significantly different in two groups (p-value <0.05). There was no significant difference between the mean score of TUG pre-test, post-test, and follow-up of the both groups. <b>Conclusion:</b> The dual-task protocol seems to be a useful method to improve balance, falling, and activities of daily living in patients with stroke and therapists can use this as all or part of the rehabilitation to improve balance, falling, and activities of daily living.

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