The Effect of Exercise with Dual-task Training on the Dynamic Gait Index Score among Patients with Stroke

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Purpose: The purpose of this study was to determine the effect of exercise with dual-task training (DTT) on the Dynamic gait index (DGI) score among patients with stroke.

Methods: We recruited 14 patients who were capable of walking unassisted and scored 24 points or higher on the mini-mental examination state. Subjects were randomly assigned to the experimental or the control group. The experimental group received conventional individualized exercise with DTT. The control group received it without DTT. The DGI scores were collected at baseline and after training for evaluating walking ability and compared between the two groups.

Results: Both groups showed significant improvements of the DGI score after training. In addition, there was a significant time by group interaction, the experimental group showed significant higher change scores of the DGI compared with the control group.

Conclusion: These findings suggest that the exercise with DTT among patients with stroke who were capable of walking unassisted can be an effective training improving the DGI score.