

Movement Challenges

DUAL TASKING

Stephanie Cole, OT/ DOR Phoenix Mountain
StCole@ensignservices.net

Cognitive Challenges

What is Dual Tasking?

DUAL TASKING requires the patient to perform 2 or more complex tasks simultaneously: cognitive challenges combined with movement demands such as walking, side-stepping, cycling.



Examples of Dual Tasking

Movement	Cognitive Task
Walking	Arithmetic
Side-Stepping	Geographic Trivia
Scooting	Recite Alphabet
Marching	Recall Last Meal
Dynamic Standing	Quote Phrases



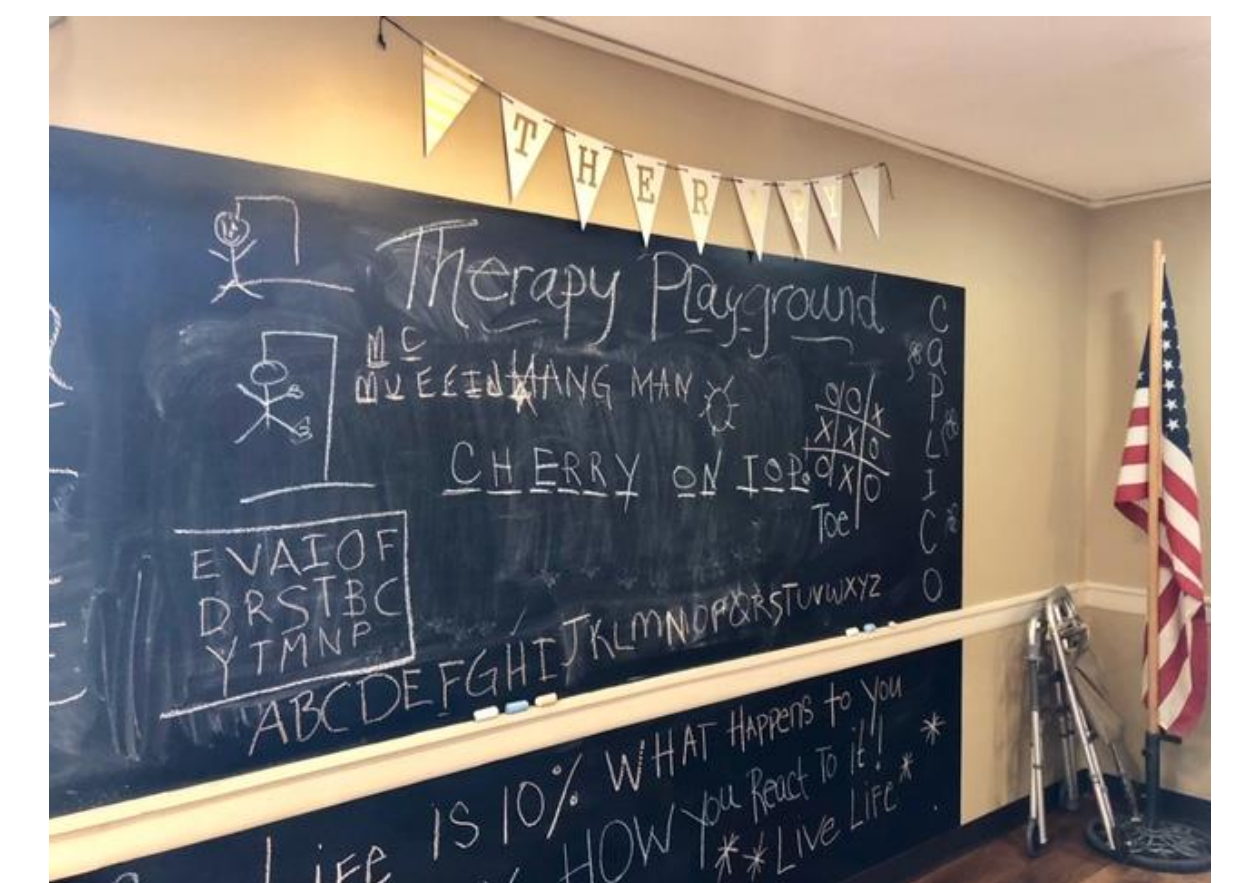
Benefits of Dual Tasking

- Complex thinking with mobility
- Greater challenges to balance
- Enhances ability to perform functional dual tasking in home environment
- Platform for cognitive learning/retraining

Neurological diagnosis Stroke, TBI, Parkinson's can greatly benefit from Dual Task intervention.

Instruct patient to side-step while playing Hangman

Therapy Chalkboard is a fun platform for dual task training.



Movements are performed with **INTENT**. Cognitive processing is **VITAL** for motor control. Dual tasking provides challenges to motor skills by challenging cognitive processing.



POSTette: Dual Tasking
www.ncbi.nlm.nih.gov/pmc/articles/pmc5723199/
www.youtube.com/watch?v=SsMG85TysTc
<https://academic.oup.com/biomedgerontology/article65A/12/1344/66035>