

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR NEUROMUSCULAR AND
NEUROSURGICAL DISORDER AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Physical Therapy Department for Neuromuscular and Neurosurgical Disorder and Its Surgery

Doctoral Degree
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Author	:	El-Badawy Ibrahim Mohammad El Hinidy.
Title	:	Balance outcome in patients with parkinsonism following use of selected dual task training.
Dept.	:	Physical Therapy Department for Neuromuscular and Neurosurgical Disorder and its Surgery.
Supervisors	1.	Nahed Ahmed Salim, Prof.
	2.	Gehan Mousa Ahmad.
	3.	Ebtessam Mohammad Fahmy.
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Abstract	:	<p>Objective: <i>The purpose of this study was to evaluate the influence of using a selected dual task training program on improving balance outcome in patients with Parkinson's disease. Subjects and Methods: Thirty male patients participated in this study and classified randomly into two equal groups: experimental and control groups. Both groups received a conventional physical therapy treatment including mobility exercises, balance exercises, gait training exercises, and exercises to improve physical conditioning. In addition, the experimental group received a selected dual task training program including balance and cognitive activities .The treatment program was conducted three times per week for successive six weeks. The patients were assessed for: static balance and dynamic limits of stability using the Biodex Balance System, and Berg Balance Scale. These measures were recorded two times: before the application of the treatment program (pre) and after the end of treatment program (post). Results: There was a significant improvement of static balance, dynamic limits of stability and scores of Berg Balance Scale for both groups, but the improvement was significantly higher in the experimental group compared to the control group, also there was no significant improvement in the balance indices in the control group at stability level one. Conclusion: The selected dual task training program is effective in improving balance outcomes in patients with Parkinson's disease when added to the conventional physical therapy program.</i></p>
Key words	1.	Balance.
	2.	Parkinson's disease.
	3.	Dual task.
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