

#### **SUPPLEMENTAL DIGITALCONTENT 4: DESCRIPTION OF DUAL-TASK TRAINING PROGRAM**

The following are examples of motor-motor and motor-cognitive pairings and progressions of pairings used in the Phase B. These pairings are by no means absolute; gross and fine motor tasks were paired with various cognitive tasks throughout Phase B to create unique pairings as appropriate.

##### ***Examples of Paired Motor-Motor Tasks***

	<b>Primary Motor Task</b>	<b>Secondary Motor Task</b>	<b>Secondary Cognitive Task</b>
<b>1</b>	Tandem Walk Progression: Heel & Toe Walk		X
<b>2</b>	Figure of 8 Backward Walk	Carrying bags of different sizes (groceries)	X
<b>3</b>	Forward Walk (smooth/uneven surfaces) Progression: against resistance, fast walking	Carrying objects (laundry basket, plate)	X
<b>4</b>	Balance on a Foam Surface (static and dynamic)	Folding laundry	X
<b>5</b>	Cone Walking (single leg balance)	Holding hand weights	X
<b>6</b>	Stair Climbing Progression: Step-ups		X
<b>7</b>	Stepping to Targets Obstacles (weaving, stepping over) Progression: Side-stepping, side-step against resistance, object pick-up (stoop & squat)	Object toss	X

##### ***Examples of Paired Motor-Cognitive Tasks***

	<b>Primary Motor Task</b>	<b>Secondary Motor Task</b>	<b>Secondary Cognitive Task</b>
<b>1</b>	Tandem Walk Heel & Toe Walk	X	Addition
<b>2</b>	Figure of 8 Backward Walk	X	Subtraction
<b>3</b>	Forward Walk (smooth/uneven surfaces) Progression: against resistance, fast walking	X	Spelling
<b>4</b>	Balance on a Foam Surface (static and dynamic)	X	Puzzle or manual sorting/ categorization of items
<b>5</b>	Cone Walking (single leg balance)	X	Remembering lists
<b>6</b>	Stair Climbing Progression: Step-ups	X	Synthesis of lists/categories
<b>7</b>	Stepping to Targets Obstacles (weaving, stepping over) Progression: Side-stepping, side-step against resistance, object pick-up (stoop & squat)	X	Match footsteps to auditory or visual cue