

# A step towards understanding fatigue and the cost of walking in persons with multiple sclerosis and rheumatoid arthritis

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Propositions accompanying the dissertation of Kyra Theunissen

## **A step towards understanding fatigue and the cost of walking in persons with Multiple Sclerosis and Rheumatoid Arthritis**

1. The energetic cost of walking is not a determinant of the walking speed in persons with multiple sclerosis (chapter 2).
2. Self-paced treadmill walking can be used interchangeably with fixed-paced walking (chapter 3).
3. A decrease in walking speed during the 6-minute walk test does not reflect walking ability in mildly disabled persons with multiple sclerosis (chapter 4).
4. Increased levels of self-reported fatigue in persons with rheumatoid arthritis are not linked to gait alterations (chapter 5).
5. Studies assessing gait and the cost of walking should always control for walking speed.
6. If there were no bending, there would be no walking or swimming or flying (Aristotle 384–322 BCE).
7. A validated cut-off value of the decrement in a sustained performance task is key for determining fatigability.
8. Daily life gait analyses should be calibrated by lab-based gait analyses when investigating fundamental biomechanical principles.
9. Spooj dich lanksaam, gebroëk diene kiëbus.
10. Perfectionisme komt voort uit onzekerheid, nauwkeurigheid uit interne motivatie (Dave Theunissen, 2023).
11. Enthusiasm is the sparkle in your eyes, the swing in your gait (Henry Ford).