Muscle strength and quality in old and oldest-old people

Propositions

1. Strength monitoring in old age groups is important to evaluate current health status and to predict future health outcomes.
   This thesis

2. Handgrip strength testing is recommended in nursing-home residents to screen for physical condition.
   This thesis

3. Isometric quadriceps strength is highly predictive of independence in daily activities of nursing-home residents.
   This thesis

4. Sonographically measured muscle quality is an appropriate method to detect age-related changes in muscle.
   This thesis

5. The underlying philosophy of a neurophysiological treatment concept is that all human beings, including those with disabilities, have untapped existing potential.
   Herman Kabat

6. Management of sarcopenia requires an inter-professional healthcare team approach to develop an individualized treatment plan.
   Dent et al.

7. Resistance exercise counters many age-related processes such as of sarcopenia when specific evidence-based practice recommendations for older adults are used, and when specific individual needs and capabilities are considered.
   adapted from Fragala et al.

8. Prevalence of significant muscle weakness is a meaningful information about the risk for sarcopenia and the importance of frequent handgrip strength assessments for elderly people and general practitioners, the Swiss Federal Statistical Office and Swiss insurance companies.
   This thesis

9. "Everyone of us today should be interested in the possession of a powerful grip."
   Edward Ashton, Britain's strongest man 1911-1934

10. "Though I look old, yet I'm strong and lusty."
    William Shakespeare

11. "Age is not a barrier. It's a limitation you put on your mind."
    Jackie Joyner Kersee

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October 6th 2020