

Mind your step

Citation for published version (APA):

Gafner, S. C. (2022). *Mind your step: The use of hip abductor strength to assess the fall risk of persons 65 years and older*. [Doctoral Thesis, Maastricht University]. Gildeprint Drukkerijen.
<https://doi.org/10.26481/dis.20220114sg>

Document status and date:

Published: 01/01/2022

DOI:

[10.26481/dis.20220114sg](https://doi.org/10.26481/dis.20220114sg)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions accompanying the dissertation

MIND YOUR STEP

The use of hip abductor strength to assess the fall risk of persons 65 years and older

Simone Chantal Gafner

January 2022

1. The discriminative abilities of currently used fall risk assessments in a single-use are not yet able to discriminate between older fallers and non-fallers on an acceptable level for clinical use and therefore not able to serve as a valid basis for a personalized intervention plan.
2. Hip abductor strength turned out to be an important diagnostic factor in relation to fall risk of persons aged 65 years and over.
3. The criterion validity of hip abductor strength, compared to the external criterion "history of falls", is (expressed in the area under the curve) better than the often used grip strength assessments.
4. For an improved validity of fall risk detection, high net sensitivity values show that currently used fall risk assessments benefit of adding the assessment of hip abductor strength to the test battery.
5. The development of a new measurement procedure and application for a patent is a time-consuming process but worth every minute as rendering the transfer of research results into daily clinical practice will help close the gap between research and practice.
6. The diagnostic process should be embedded in the clinical reasoning and requires critical thinking; both should be foundational skills of health care professionals.
7. Demographic changes are leading to a drastically increasing number of older people and a societal and economic burden; healthy aging could be a promising approach to counteract those negative associations.
8. It has been shown that physiotherapy can support older adults to maintain their functional abilities, independence, health, and quality of life.
9. Early detection of persons at risk of falls could allow prevention of a first and/or recurrent falls, which will impact societal and economic concerns and enhance the use of human resources because future treatments can be better targeted.
10. "Science is a way of thinking, much more than it is a body of knowledge."
C. Sagan
11. "You don't stop laughing when you grow old, you grow old when you stop laughing."
M. Pritchard