

Plantar pressures in diabetic polyneuropathy : the influence of gait pattern and exercise therapy

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Propositions

Belonging to the dissertation entitled

Plantar pressures in diabetic polyneuropathy:
the influence of gait and exercise therapy

1. The pressure time integral provides clinically relevant information on the risk of plantar tissue damage. (this dissertation)
2. Higher forefoot loading can be the result of an impaired muscle function of the dorsal and plantar flexors of the foot. (this dissertation)
3. Plantar pressures in people with diabetic polyneuropathy can be lowered by changing the gait pattern. (this dissertation)
4. Lower leg muscle training for people with diabetic polyneuropathy needs to be tailor-made to avoid a high drop-out. (this dissertation)
5. As plantar pressures can increase rapidly over time, plantar pressures should be monitored regularly in every patient with diabetic polyneuropathy to identify and evaluate plantar areas at risk for ulceration. (this dissertation)
6. Monitoring or standardizing gait velocity is essential to monitor plantar pressures correctly.
7. Evidence based practise should be part of every allied health profession, but it is not necessary for every allied health professional to be a researcher.
8. For most chronic diseases, physical activity is the best medicine there is.
9. Standing still will lead to (tissue) degeneration.
10. If you make a well-informed decision, you should never regret it.