

Gait and balance characteristics in patients with diabetes type 2 : evaluation and treatment efficacy

Citation for published version (APA):

Allet, L. (2009). *Gait and balance characteristics in patients with diabetes type 2 : evaluation and treatment efficacy*. Datawyse / Universitaire Pers Maastricht.

Document status and date:

Published: 01/01/2009

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.
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- The final published version features the final layout of the paper including the volume, issue and page numbers.

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PROPOSITIONS

belonging to the thesis entitled

Gait and balance characteristics in patients with diabetes type 2 Evaluation and treatment efficacy

1. Diabetic patients present gait alterations, postural instability and increased risk of falls. Paradoxically, only very few investigations of possible treatment strategies for improving gait in diabetes type 2 patients exist. *(this thesis)*
2. Studying individuals in their real-life, challenging environment, can enhance the understanding of gait and balance problems. *(this thesis)*
3. Physiotherapists can significantly contribute to interdisciplinary diabetes care management. *(this thesis)*
4. Gait difficulties in patients with type 2 diabetes emerge before neuropathy is clinically detectable. Attracting clinicians' attention and stimulating their awareness of diabetic patients' gait and balance problems is a major challenge as is bridging the gap between research and practice. *(this thesis)*
5. Diabetic patients' gait and balance can be improved with a specific exercise regimen *(this thesis)*
6. Patients' enjoyment, sense of satisfaction and the program's functional relevance may be the key for long-lasting collaboration and results. *(this thesis)*
7. The care for a diabetes patient involves a wide range of skills, which can only be provided when many disciplines work together. *(Van Eygen Luk, Primary Care Diabetes, 2008)*
8. If you want to live a life without limits, even with diabetes, you will need to know a lot about diabetes and a lot about yourself. *(ISHA, Health Administrator, 2009)*
9. Not everything that can be counted counts, and not everything that counts can be counted. *(Albert Einstein)*
10. The early bird catches the worm... in memory of all those early morning sessions at the gait lab...
11. "Mountains" are in the eye of the beholder - If you are used to real mountains (Dent Blanche 4357 m) it is hard to find the St. Pietersberg (107 m).