

# A Trip to Remember

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Propositions related to the dissertation entitled:

*A Trip to Remember:*  
**Assessing and Improving**  
**Walking Stability in Older Adults**

1. Walking speed is an essential consideration for the assessment, comparison and training of gait stability (This Dissertation)
2. The capacity to adapt gait in response to mechanical perturbations is preserved with ageing, but how quickly adaptation can occur may decline with ageing  
(This Dissertation)
3. The extent of gait adaptation in response to mechanical perturbations and of the retention and transfer of adaptations might reflect necessity, rather than ability  
(This Dissertation)
4. Evidence-based guidelines on how we can most efficiently and optimally train long-lasting, generalisable gait adaptations that will reduce the risk of falls in daily life must be established (This Dissertation)
5. “Many of the mechanisms underlying the relationships between exercise and health are well-characterized and there are reasonably clear exercise targets and expected dose-response relationships. However, this does not appear to be true of the relationship between exercise and fall prevention.” - Grabiner et al. *Exerc Sport Sci Rev.* 2014.
6. “It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself.”  
- Leon C. Megginson 1963, paraphrasing Charles Darwin
7. “Open science isn’t a movement, it’s just (good) science.” - Watson. *Genome Biol.* 2015.
8. Using “falls are a problem for society” as a justification for research should commit the scientist(s) to knowledge translation, to the extent that they or others can use the knowledge gained to actually address the societal issue (Valorisation)
9. “Before anything great is really achieved, your comfort zone must be disturbed.”  
- Ray Lewis
10. "Avoid people who say they know the answer. Keep the company of people who are trying to understand the question" - Billy Connolly
11. Hinfallen, aufstehen, Krone richten, weitergehen!

**Christopher McCrum**  
**19<sup>th</sup> December 2019**