



University of Groningen

ReSpAct: Rehabilitation, Sports and Active Lifestyle

Hoekstra, Femke

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version Publisher's PDF, also known as Version of record

Publication date: 2017

Link to publication in University of Groningen/UMCG research database

Citation for published version (APA): Hoekstra, F. (2017). ReSpAct: Rehabilitation, Sports and Active Lifestyle: An implementation-study on physical activity promotion in rehabilitation care. Rijksuniversiteit Groningen.

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: https://www.rug.nl/library/open-access/self-archiving-pure/taverneamendment.

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): http://www.rug.nl/research/portal. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

ReSpAct: Rehabilitation, Sports and Active Lifestyle

An implementation-study on physical activity promotion in rehabilitation care

Femke Hoekstra

This dissertation is a product of the Rehabilitation, Sports and Active Lifestyle (ReSpAct) study. The ReSpAct-study is a collaboration between:

- Center for Human Movement Sciences, University Medical Center Groningen, University of Groningen
- Department of Rehabilitation, Center for Rehabilitation, University Medical Center Groningen
- Hanze University of Applied Sciences

The ReSpAct-study was funded by the Dutch Ministry of Health, Welfare and Sports and supported by the Knowledge Center of Sport Netherlands and Stichting Special Heroes Nederland (before January 2016: Stichting Onbeperkt Sportief).

PhD training was facilitated by the Research Institute SHARE of the Graduate School for Medical Sciences and within the research programs Smart Movements (SMART) and Extremities Pain and Disability (EXPAND).

The printing of this dissertation was financially supported by:

- University of Groningen
- University Medical Center Groningen
- Center for Rehabilitation, University Medical Center Groningen
- Research Institute SHARE
- Stichting Beatrixoord Noord-Nederland









Cover design: Nina Kleingeld, www.stikstofstudio.nl Printing and layout by: Drukkerij Mostert, www.drukkerijmostert.nl

ISBN: 978-94-034-0079-2 (printed version) ISBN: 978-94-034-0078-5 (electronic version)

Paranimfen: Rolinde Alingh & Trynke Hoekstra

© Femke Hoekstra, 2017

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval system, without written permission form the author.



ReSpAct: Rehabilitation, Sports and Active Lifestyle

An implementation-study on physical activity promotion in rehabilitation care

Proefschrift

ter verkrijging van de graad van doctor aan de Rijksuniversiteit Groningen op gezag van de rector magnificus prof. dr. E. Sterken en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op

maandag 16 oktober 2017 om 14.30 uur

door

Femke Hoekstra

geboren op 17 februari 1987 te Seria, Brunei

Promotores

Prof. dr. L.H.V. van der Woude Prof. dr. C.P. van der Schans

Copromotores

Dr. R. Dekker Dr. F.J. Hettinga

Beoordelingscommissie

Prof. dr. M.M.R. Vollenbroek-Hutten Prof. dr. M.W.M. Post Prof. dr. K. Breedveld

Table of contents

Chapter	Title	Page
Chapter 1	General introduction	7
Chapter 2	Design of a process evaluation of the implementation of a physical activity and sports stimulation program in Dutch rehabilitation setting: ReSpAct	27
Chapter 3	The current implementation status of the integration of sports and physical activity into Dutch rehabilitation care	55
Chapter 4	Professionals' perceptions of factors affecting implemen- tation and continuation of a physical activity promotion program in rehabilitation: a qualitative study	75
Chapter 5	The implementation of a physical activity counseling program in rehabilitation care: findings from ReSpAct	105
Chapter 6	Implementation fidelity trajectories of a health promo- tion program in multidisciplinary settings: managing tensions in rehabilitation care	139
Chapter 7	National approaches to promote sports and physical ac- tivity in adults with disabilities: examples from the Neth- erlands and Canada	173
Chapter 8	Summary, discussion and conclusion	205
Appendices	Nederlandse samenvatting	240
	Dankwoord	254
	About the author	257
	List of publications	258
	Research institute SHARE	262

