

## inspired by motion

Freedom of movement in all its aspects determines quality of life – from cell to organ and from organ to the entire body. Our inspiration is substantiated through research into regenerative medicine, rehabilitation and sport.

founded by VU University Amsterdam, VU University Medical Center Amsterdam and the Academic Centre for Dentistry Amsterdam (ACTA)  
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**STEP BY STEP**



People with gait impairments, like people who walk with a prosthesis or people who are recovering from a stroke, fall far more often during walking compared to able-bodied controls. The main purpose of the research presented in this thesis was to investigate which strategies, in terms of adjustments of the gait pattern, are and can be used by these people to minimize fall risk during walking. Based on the results presented in this thesis evaluation and rehabilitation protocols can be designed with the purpose to minimize the risk of falling.

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# **STEP BY STEP**

Stepping strategies to prevent falling while walking