

KEYNOTE SPEAKERS

DR **Claudio Perret**
DR **Nick Webborn**
PROF DR **James Rimmer**

THEMES

SPORTS ANALYSIS
EXERCISE PHYSIOLOGY
WHEELCHAIR SPORTS

POSTER SESSIONS

POSTER SESSION 2 WILL START AT
11.45, IN THE HALLWAY BETWEEN
THE FONTEINPATIO AND THE UMCG
MAIN ENTRANCE

CLOSING SESSION

THE CLOSING SESSION WILL BE
IN THE BLAUWE ZAAL AT 16.45.

THANK YOU

ON BEHALF OF THE ORGANIZATION,
WE WOULD LIKE TO THANK ALL
VISITORS, PRESENTERS, GUESTS OF
HONOUR, SPONSORS AND VOLUNTEERS.

WEATHER

22° 20%

Background: Linda Valent and the handbikebattle

Linda Valent PhD is involved in organizing the Handbikebattle. The idea of the Handbikebattle arose during the third participation a handbike team in Alpe d'HuZes, a fundraiser event for cancer research. The group decided to organize their own event in 2013, and after a successful event, the 2014 Handbikebattle is only 2 months away.

Nine teams of experienced and inexperienced handbikers will compete in a battle between the Dutch rehabilitation centers. It is not only a battle between the centers, but it has a more profound meaning. Beating your disability is a personal victory. If you can get over the mountain, what else can you do?

But it's more than just a race. It is a social interaction for the participants, they can talk to each other about their disabilities, and how they perform their activities of daily life. They can help each other in their sports performance, preparation for the battle, using their handbikes. Some of the participants have been using their handbikes for less than a year; some participants have been using it for years. The week itself will pose a challenge, staying in a foreign hotel for 8 days. They can coach themselves with for example getting dressed. A very nice example is a person who learned to do it in the wheelchair, instead of moving out of it. This way, two additional transfers are not needed.

Fun fact: Handbikes are expensive, and this makes people really creative.
One of the participants will compete on a crowd-funded handbike!

Practice your Dutch on www.handbikebattle.nl



Quotes

"To date, there exists no theory of practice in motor learning yet" (K. Newell)

"Intermanual transfer is seen in force control after early upper limb myoelectric prosthesis training" (S. Romkema)

"Ramp speed is an important predictor of wheelchair skills" (B. Sawatzky)

"Question for the future in lower limb prosthesis research: highly technical or simple designs?" (B. Otten)

"What we measure nowadays does not always match with the reality" (J. Czerniecki)

"22% of the SCI population in Switzerland uses a handbike" (U. Arnet)

"Think stupid! Learn stupid!" (J. Harlaar)

"This car has white license plates. In Germany, if you fail your driving test for the third time, you will get yellow plates" (T. Abel)

"Unilateral CP: no relationship of physical activity with activity in daily life and mobility capacity" (A. Balemans)

"Instead of doing exercise, we could also have a good warm bath to improve levels of inflammatory markers" (C. Leight)