

## Today: Welcome

### REGISTRATION

FONTEINPATIO UMCG

### OPENING

PROF. DR. **Lucas van der Woude**  
PROF. DR. **Folkert Kuipers**

### KEYNOTE SPEAKERS

PROF. DR. **Karl Newell**  
PROF. DR. **Bert Otten**  
PROF. DR. **Jaap Harlaar**

### THEMES

MOTOR LEARNING  
WHEELED MOBILITY  
GAIT  
PROSTHETIC WALKING

### DINNER

GROUP DINNER WITH THE OTHER  
GUESTS. THIS IS INCLUDED IN THE  
CONFERENCE FEE. IT WILL BE IN THE  
RESTAURANT OF THE UMCG

### WEATHER

18° 25%

Dear reader, this newsletter will contain daily updates about the events, happenings and interesting facts of this 5th international congress, organised by Prof. dr. Lucas van der Woude.

Have fun!

The Newsletter Committee

### Interview: Professor Lucas van der Woude

What inspired you to organise this and the past 4 congresses?

“After finishing my PhD in 1989, I was involved in an European collaborative research network on wheeled mobility and assistive technology. In the network it was customary to organise a conference every two years. It was a good experience for me to get to know the world of international research on wheeled mobility, so I asked the leader of this sponsored network for permission to organise a conference, which would be focussed on manual wheelchair mobility. With the financial help of this European network, the first congress of our current state-of-the-art series was held in Amsterdam (1990). Initially, there was a strong attention for manual wheeled mobility, followed by an increased focus on mobility restoration in spinal cord injury; later on an even broader human movement and rehabilitation sciences’ focus was taken into rehabilitation and mobility, exercise & adapted sports. With the 2009 and current edition the ACSM paradigm Exercise=Medicine has become a more prominent thematic driving force for us and is being a widely known and important theme in our research. It is therefore even more present and extensively highlighted during the present congress.”



Is this congress aimed to raise more awareness for a concept like Exercise=Medicine?

“Visitors of the congress are already aware of the importance of daily activity and exercise as therapy in rehabilitation and in daily life. A congress provides our research network key opportunities to discuss with each other, develop new ideas and reinforce our relationships, relationships which are of major importance in the development of an international knowledge base for rehabilitation practice.”

“An idea we have with an interdisciplinary group of professionals and researchers in the UMC Groningen is that of the ‘Beweeziekenhuis’, a hospital care environment, where ‘Exercise=Medicine’, i.e. active healthy ageing and healthy lifestyle in general, is a leading principle and visible in daily patient care, working and living environment and in treatment protocols of course. A healthcare environment like this would inspire people to become active in daily life and adhere to a healthy lifestyle more naturally. This could start by walking, standing instead of sitting and taking the stairs and not the elevator. It will take a while to achieve this idea, but the first steps have been taken.”

What gives you the determination to organise a congress for the fifth time?

“The organisation of a congress like this is always a challenge; it takes time and energy from many people. But it is also a chance and opportunity. This year we have the largest group of student assistants, who will contribute to the flow of the congress with their dedication and enthusiasm. I find it very important to introduce students to the congress as platform for research, and opportunity for international exchange and networking. The congress is an example to this next generation of academics. I am impressed by the work of the students as well as that of the organizational team of colleagues in Amsterdam and here at the Departments of Rehabilitation Medicine and Human Movement Sciences. Especially, Noor Mouton, Sonja de Groot, Corien Plaggenmarsch and Harry Gubbels have put a lot of talent and energy in the local organization during the last months and they may be the future organizers of a 6th edition of the State-of-the-Art “.