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## Biophysical perspective on submaximal handcycle propulsion in able-bodied men

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# Propositions

corresponding to the thesis

## **Biophysical perspective on submaximal handcycle propulsion in able-bodied men**

By Cassandra Kraaijenbrink, 2022

1. A multidisciplinary approach should be used to describe any movement.
2. Handcycling should be promoted for an active healthy lifestyle among wheelchair users (this thesis).
3. Handcycles for daily use should have gears (this thesis).
4. A fixed ergometer with asynchronously mounted cranks cannot be used to measure real-life handcycle activities (this thesis).
5. Unilateral measurements give a good overview of the bilateral handcycle technique (this thesis).
6. The body should be considered as a kinetic and closed chain when studying wheeled mobility (this thesis).
7. Able-bodied novices can take part in research to represent individuals in early rehabilitation (this thesis).
8. Simply rotating a coordinate system by multiplying by a rotation matrix is not that simple.
9. "A picture is worth a thousand words." The same holds for a clear figure in a scientific article.
10. "The bicycle is a curious vehicle. Its passenger is its engine." (John Howard, US cyclist)