



## **XII SIG in-between Meeting on Mobility**

**Repetitive exercise programmes  
including rehabilitation technology**

**January 15<sup>th</sup> - 17<sup>th</sup>, 2009  
Hasselt, BELGIUM**

**Chairs: Peter Feys & Paul Van Asch  
Local committee: Peter Feys, Domien Gijbels, Geert Alders**



## PROGRAMME thursday

### PREPARATION OF POSSIBLE MULTI-CENTRE STUDIES

**Conference Venue:**

P.H.L. Conference Centre  
Building/Gebouw D  
Elfde-Linielaan  
3500 Hasselt  
(see travel details below)

## THURSDAY JANUARY 15<sup>th</sup>

Room “Ehrlich”, 110.

Afternoon/Evening      **Arrival to Brussels Airport** (75’ train transport to Hasselt)  
(see travel details below)

15:00 - 19:00      **Satellite Meeting: multi-centre studies discussion with workgroups**

Informal discussion about future multi-centre studies with previously defined work group members as well as interested members (please announce your attendance if you want to attend this meeting).

The results of the discussions will be presented at Saturday January 17<sup>th</sup>.

1. *Walking study: final adaptations*  
Lead: Peter Feys, Belgium
2. *Dual tasking study*  
Lead: Vincent Degroot, the Netherlands & Hans Van Tongeren, Denmark
3. *Content of Rehabilitation across Europe*  
Lead: Kamila Rasova, Czech Republic & Thomas Henze, Germany
4. *Consensus on outcome measures in MS*  
Lead: Claudio Solaro, Italy

From 21:00 - ...      **Coming together-drink (everyone welcome!)**  
**SAS RADISSON HOTEL, BAR**

## PROGRAMME

Repetitive exercise programmes including rehabilitation technology

### FRIDAY JANUARY 16<sup>th</sup>

Room “Le Corbu”, 122 (first floor)

08:15 - 08:30                      **Registration**

08:30 - 08:50                      **Welcome to Hasselt and Presentation of REVAL**  
Ben Lambrechts (director, PHL)  
Bert Op ‘t Eijnde (head of REVAL)  
*with support of*  
Paul Martens (head of research, PHL)  
Piet Stinissen (BIOMED, U Hasselt)

**Introduction to the SIG theme & participants**  
Peter Feys, PT, REVAL (PHL-U Hasselt)  
Paul Van Asch, PT (Fit-up, Kontich)

**SCIENTIFIC SESSION I**                      **Physical activity and training programmes**  
Chair: P. Van Asch

08:50 - 09:25                      *“Exercise training in EAE, and resistance training in Multiple Sclerosis: effects on muscle strength and other parameters”*  
**T. Broekmans & B. Op ‘t Eijnde, REVAL Hasselt, Belgium**

09:25 – 10:00                      *“Exercise in Multiple Sclerosis: recommendations based on literature”*  
**U. Dalgas, Dept. Sport Sciences, Aarhus, Denmark**

COFFEE BREAK

10:15 - 10:35                      *“Physical activity in persons with MS: preliminary results of the Actibelt-study”*  
**A. Romberg, Masku, Finland**

10:35 - 11:05                      *“Physical activity programmes for people with mild and moderate MS”*  
**S. Coote, University of Limerick, Ireland**

11:05 – 11:40                      *“Exercise in Multiple Sclerosis: clinical implementations”*  
*& session discussion*  
**P. Van Asch, Fit-Up, Belgium**

11:40 – 12:00                      *“The use of a cryochamber in Multiple Sclerosis”*  
**Renata Jakimiec & Malgorzata Stachowiak, Poland**

LUNCH at caf taria (ground floor, building D)

**SCIENTIFIC SESSION II**

**Rehabilitation technology**

Chair: Peter Feys

- 13:00 – 13:25      *"Robotic-assisted gait training in patients with CNS disorders: a critical appraisal"*  
**E. Kerckhofs en E. Swinnen, Vrije Universiteit Brussel, Belgium**
- 13:25 – 13:50      *"Walking training with the LOKOMAT: which MS patients do benefit?"*  
**C. Vaney & B. Gattlen, Montana, Switzerland**
- 13:50 - 14:15      *"Robotic training and assessment of the upper limb in MS"*  
**C. Solaro, Genova, Italy**
- 14:15 – 14:40      *"Upper limb dysfunction in MS: training experience with a haptic device"*  
**G. Alders & D. Gijbels, REVAL Hasselt, Belgium**
- 14:40 – 14:45      *Concluding remarks and transfer to the bus*

**PRACTICAL SESSION**

- 14:45      Bus departure to Overpelt
- 15:45      Welcome in **Rehabilitation and MS Centre Overpelt**
- I. Visit to the centre and housing campus  
**P. Groenen & V. Truyens, Overpelt, Belgium**
- II. Demonstration of different rehabilitation technology
- **HUBER/SPINEFORCE®**  
for the rehabilitation of patients with multiple sclerosis"  
**B. Maertens De Noordhout, Fraiture, Belgium**
  - **ARMEO® (HOCOMA)**  
**E. De Winter, product specialist ENRAF NONIUS**
  - **AMADEO, [www.tyromotion.com](http://www.tyromotion.com)**  
**R. Van Gijssel, SAMCON**
  - **Balance Master/Trainer**  
**K. Knuts & L. Kovacs, Overpelt, Belgium**
  - **Elink / Upper Limb Tester**  
**L. Kerckhofs, Overpelt, Belgium**
- 18:00      Bus departure to Hasselt
- 20:00      Aperitivo at the "Stadhuis" (townhall)
- 20h45      **DINNER**  
**SAS RADISSON HOTEL, Dining Room**

# PROGRAMME

## Repetitive exercise programmes including rehabilitation technology

Room "Le Corbu", 122.

### SATURDAY JANUARY 17<sup>th</sup>

#### SCIENTIFIC SESSION IV Free presentations

Chair: Paul Van Asch

- 09:00 - 09:20      *"Don't forget our personal, professional skills"*  
**Hans Van Tongeren, Haslev, Denmark**
- 09:20 - 09:45      *"Predictors of efficacy and outcome of intensive inpatient rehabilitation in Multiple Sclerosis"*  
**Paolo Rossi, Milan, Italy**
- 09:45 - 10:10      *"Working memory deficits, in preparation of dual tasking study"*  
**Gael Delrue, Fraiture, Belgium**

COFFEE BREAK

#### 10:30 - 12:30      COLLABORATIVE WORK SESSION I

Chair: Peter Feys

- 10:30 - 10:45      *"Is gait speed during 10m and 6MWT any different?"*  
**C. Vaney, Berner Klinik, Switzerland**
- 10:45 – 11:00      *"Predictive value of different walking capacity tests on walking performance in MS patients with mild and moderate dysfunction"*  
**D. Gijbels & G. Alders, REVAL Hasselt, Belgium**
- 11:00 - 12:30      SIG MOBILITY multi-centre study I  
*"Effect of time of day on walking capacity in MS"*  
(presentation of Design, Test Instructions, Documents, time schedule)  
**P. Feys, Belgium and collaborators on behalf of the working group**

LUNCH

**13:15 - 16:15** COLLABORATIVE WORK SESSION II

13:15 – 13:45 *Demonstration of web blog for SIG Mobility (studies)*  
**G. Alders, Belgium & M. Böhmke, Italy**

13:45 – 14:30 *SIG MOBILITY multi-centre study II*  
*“Dual Tasks”*  
**V. Degroot, VU Amsterdam, the Netherlands**  
**& H. Van Tongeren, Denmark**

COFFEE BREAK

14:45 – 15h20 *(SIG MOBILITY) multi-centre study III*  
*“Content of Rehabilitation across Europe”*  
**K. Rasova, Prague, Czech Republic & T. Henze, Nittenau, Germany**

15:20 - 15:55 *(SIG MOBILITY) Proposal: Consensus on outcome measures in MS*  
**C. Solaro, Genova, Italy**

15:55 – 16h15 *Concluding remarks / Further discussion*

**Visit to the “Genever” Museum of Hasselt**  
**And/Or Relaxing at the BLUE OLIVE, [www.blueolive.be](http://www.blueolive.be)**

20:00 **Farewell Dinner, self-paid**  
**“Borrelhuis”**  
Witte Nonnenstraat 28  
B-3500 Hasselt, [www.borrelhuis.be](http://www.borrelhuis.be)

**Farewell Drink, self-paid**  
Cafè Latino  
Zuivelmarkt 12  
B-3500 Hasselt, [www.cafelatino.be](http://www.cafelatino.be)

## PRACTICAL INFORMATION

**Currency** Euro.

### Travelling from the Airport to Hasselt

From Brussels Airport there is a train connection to Leuven (duration is 15'; twice hourly with departure at 17' and 39' after each hour).

From there you can take a second train to Hasselt Railway station (departure at 10 minutes after each hour). Trains from Leuven to Hasselt leave twice daily, 10' and 38' after each hour. Duration is 40 up to 50' with 3-5 stops. These trains head to Hasselt, Genk or Tongeren.

### Travelling from the Hasselt train station to the hotel

At the bus stop in front of the Railway station of Hasselt, you have two possibilities;

1. Take the free bus "Boulevardpendel" (departure every 5 minutes at the train station). Get off at the third stop by asking "Virga Jesse Hospital" or "Provincial Highschool of Hasselt, department of Health care", or "SAS Radisson hotel".
2. Walk for 10-15', direction central square.

### HOTEL SAS RADISSON

Prices are 70 euro p.p.p.n. for a single room, or 80 p.n. for a double room, breakfast included.

<http://www.hasselt.radissonsas.com/>

Torenplein 8, Hasselt, 3500 Tel. ++32 11 770007

There is a car park at the SAS Radisson hotel, which costs approximately 15 euro for your each departure. For GPS drivers, use "Sint-Jozef straat" as entry.

**We already have reserved a room for you!**

**We'll walk (with the guests) from the hotel to the conference venue, leaving at 8h00 (Friday) & 8h40 (Saturday) respectively.**

### Conference Venue

PHL Congress Centre, Building/Gebouw D

Elfde-Liniestraat 24

3500 Hasselt

[www.phl.be](http://www.phl.be)

The conference venue is easy to reach by foot (approximately 10-15').

### Rehabilitation & MS-centre Overpelt

Boemerangstraat 2

3950 Overpelt

[www.msreva.be](http://www.msreva.be)

Bus transportation between Hasselt and Overpelt will be performed by TAXI HENDRIKS.

### Dresscode

The dress code is casual. Don't forget to bring some winter and rain-proof clothing, as whether is unpredictable (temperatures at January 6<sup>th</sup> were exceptionally low: -20°C...).

### WELCOME TO HASSELT, BELGIUM!

Peter Feys, Geert Alders & Domien Gijbels

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