

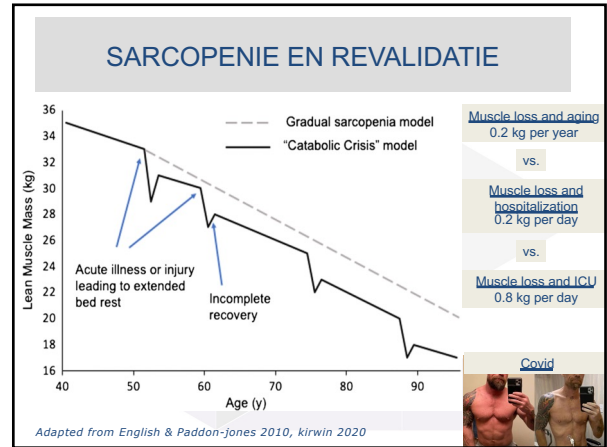
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## VOEDING EN BEWEGING, EEN KRACHTIGE COMBINATIE VOOR DE REVALIDATIE

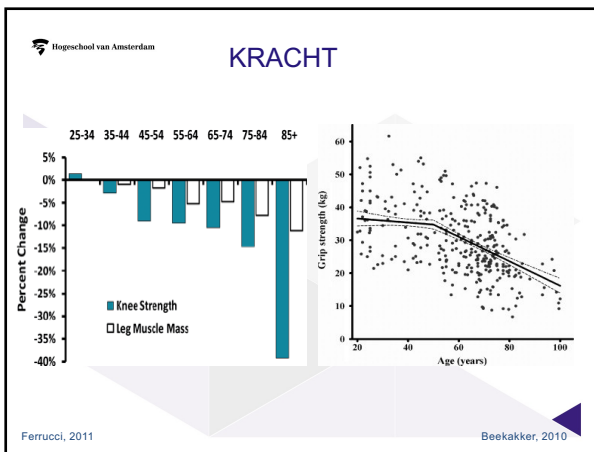


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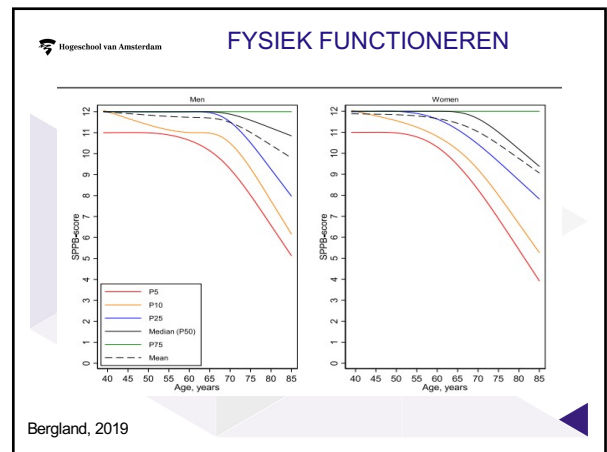
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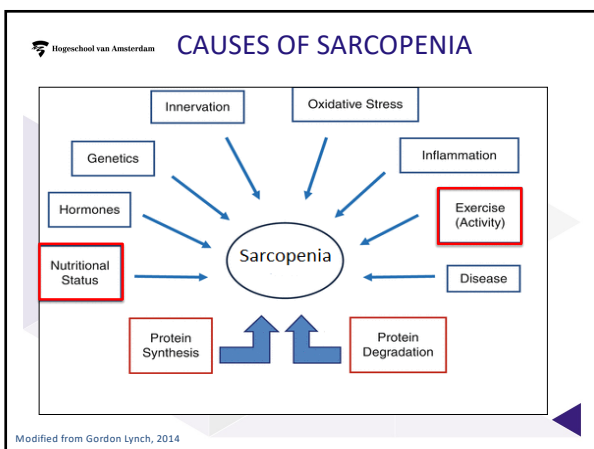
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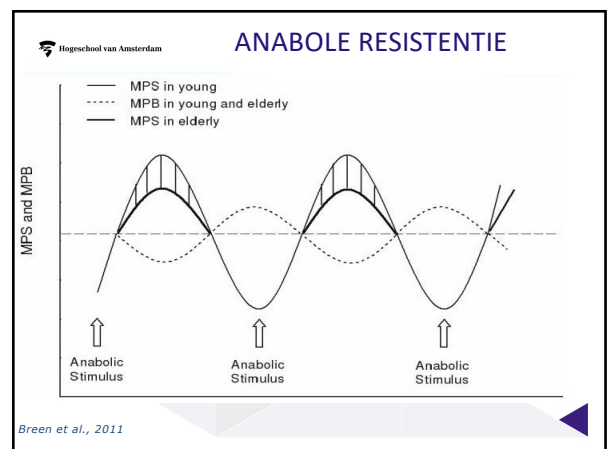
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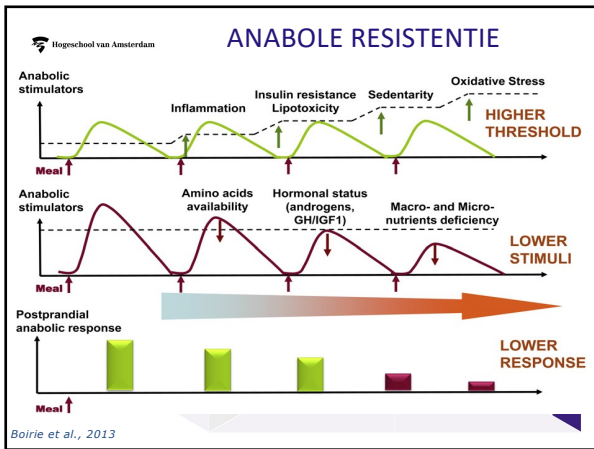
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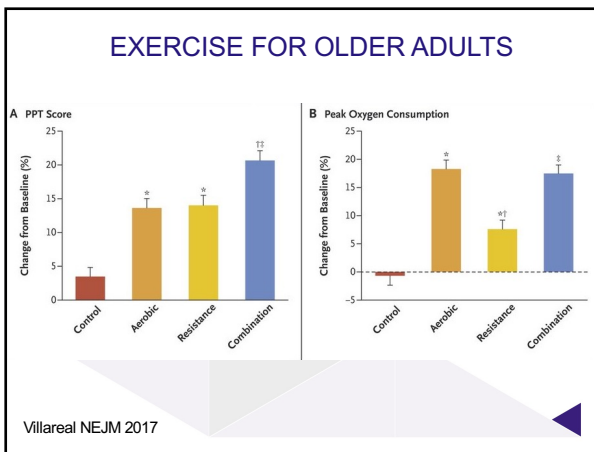


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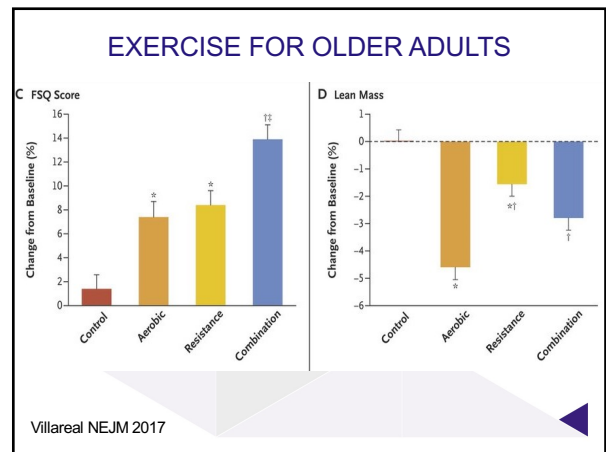
### INTERVENTIES VOOR SARCOPENIE BEWEGING

- Krachttraining
- Duurtraining
- Combinatie (concurrent exercise)
- Functioneel training
- Thuistraining
- Thai chi/ Yoga
- (Electrostimulatie)

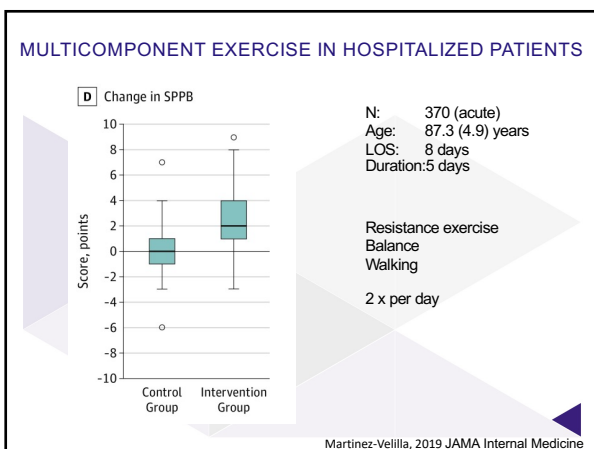
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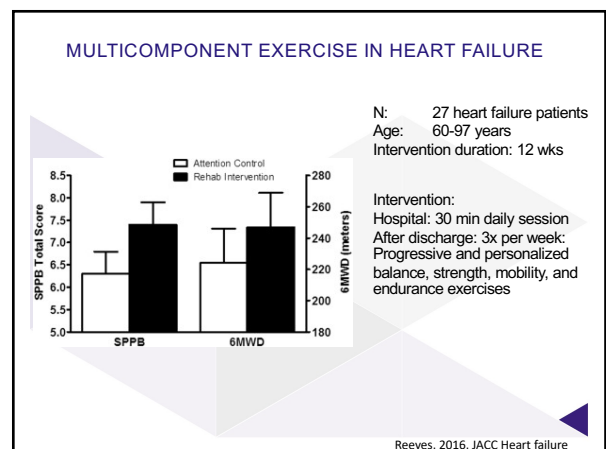
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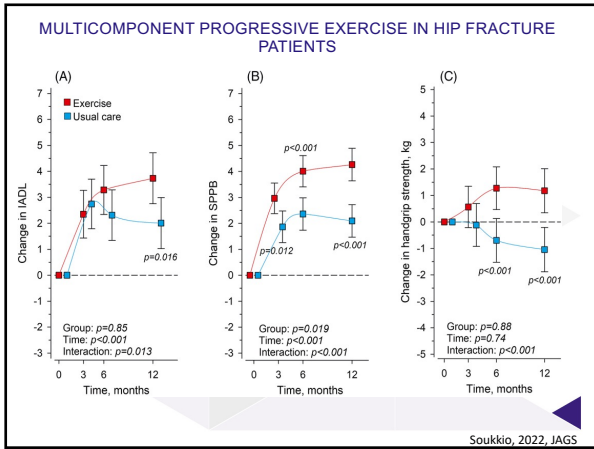
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### INTERVENTIES VOOR SARCOPENIE VOEDING EN BEWEGING

Interventies voor sarcopenie: Voeding en Beweging

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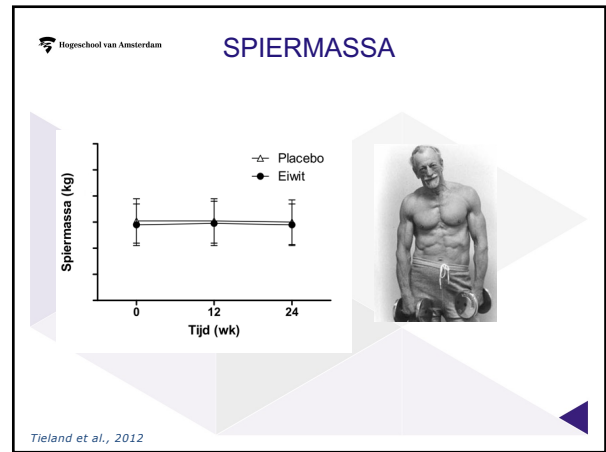
### EIWITSTUDIE

ProMuscle

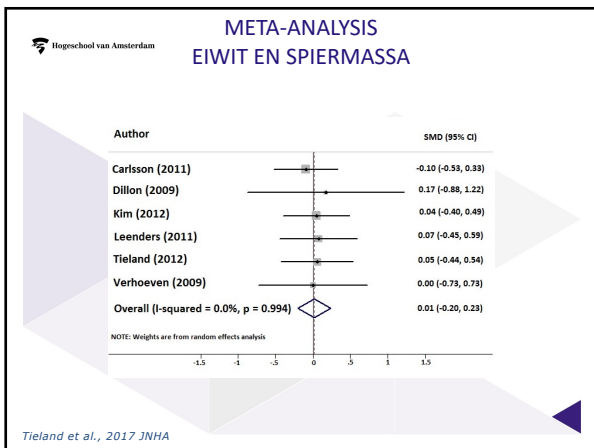
0 wk 12 wk 24 wk

Spiermassa  
Spierkracht  
Lichamelijk functioneren

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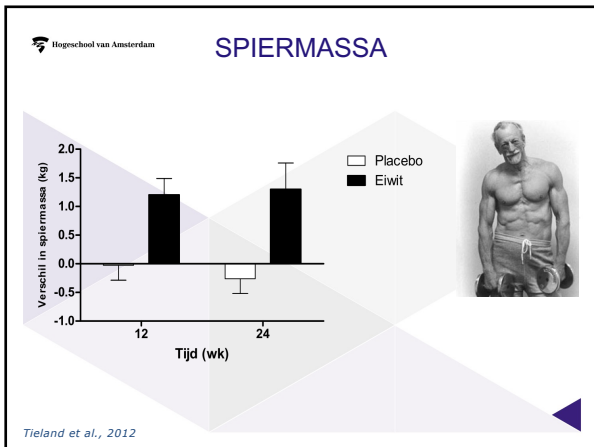
### PROMUSCLE BEWEEG STUDIE

ProMuscle

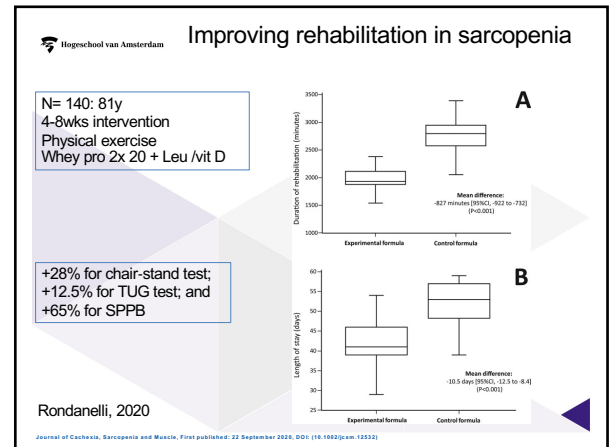
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Spiermassa  
Spierkracht  
Lichamelijk functioneren

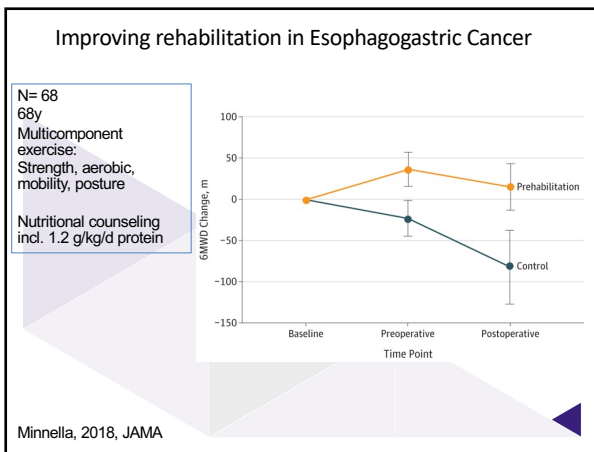
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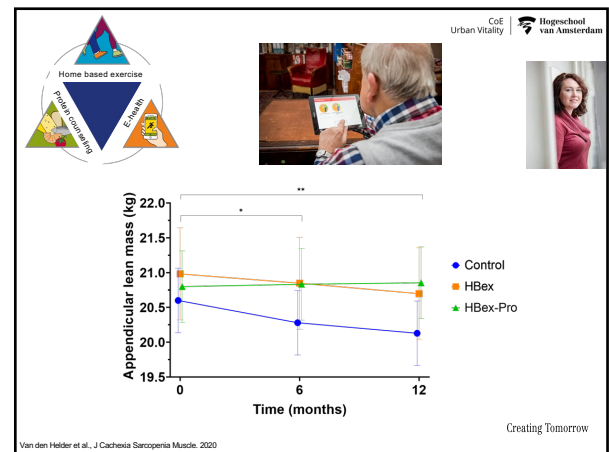
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**SAMENVATTING**

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- Optimale revalidatie is essentieel ter preventie en behandeling van sarcopenie uitkomsten
- Multicomponenten training is een krachtige interventie om functionele/sarcopenie uitkomsten in de revalidatie te verbeteren
- Multicomponenten training in combinatie met extra eiwitten is een krachtige interventie voor spiermassa en fysiek functioneren van kwetsbare patiënten in de revalidatie
- Interdisciplinaire samenwerking in de revalidatie is noodzakelijk

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**ACKNOWLEDGEMENTS**

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Group photo of the research team.

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