

# Compensation Strategies to Improve Walking in Persons with Parkinson's disease

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## Start of Block: Block 1: Introduction

QIntro0 The aim of this questionnaire is to obtain a deeper understanding of compensation strategies that can improve walking in persons with Parkinson's disease. Your contribution is very valuable to our scientific research. With the information you provide, we hope to be able to design a more personalized approach to gait rehabilitation for persons with Parkinson's disease.

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QIntro0.1

The questionnaire consists of 3 parts, in which we will explore:

**Part I:** The presence and severity of your walking difficulties.

**Part II:** The use of compensation strategies.

**Part III:** Your interest to learn more about the available compensation strategies through allied health services.

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QIntro0.2 Depending on the answers you provide, completion of the questionnaire may take anywhere between 10-25 minutes.

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Page Break

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Q1

**PART I: THE PRESENCE & SEVERITY OF WALKING DIFFICULTIES**

Do you experience walking difficulties due to Parkinson's disease?

- ☐ No, I do not experience difficulties walking (1)
- ☐ Yes, I do experience difficulties walking but it does not affect my ability to perform my usual daily activities (2)
- ☐ Yes, I do experience difficulties walking and it negatively affects my ability to perform my usual daily activities (3)

*Skip To: End of Survey If PART I: THE PRESENCE & SEVERITY OF WALKING DIFFICULTIES Do you experience walking difficulties d... = No, I do not experience difficulties walking*

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Page Break

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Q2Intro Freezing of gait is the feeling that your feet are temporarily glued to the floor while trying to initiate walking, making a turn, or when walking through narrow spaces or in crowded places. Sometimes it can be accompanied with trembling of the legs and small shuffling steps.

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Page Break

Q2 Have you experienced freezing episodes over the past month?

- ☐ I have not experienced such a feeling or episode over the past month (1)
- ☐ I have experienced such a feeling or episode over the past month (2)

*Skip To: Q11 If Have you experienced freezing episodes over the past month? = I have not experienced such a feeling or episode over the past month*

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Page Break

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Q3 How frequently do you experience freezing episodes?

- ☐ Less than once a week (1)
- ☐ Not often, about once a week (2)
- ☐ Often, about once a day (3)
- ☐ Very often, more than once a day (4)

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Page Break

Q4 How frequently do you experience freezing episodes during turning?

- ☐ Never (1)
- ☐ Rarely, about once a month (2)
- ☐ Not often, about once a week (3)
- ☐ Often, about once a day (4)
- ☐ Very often, more than once a day (5)

*Skip To: Q6 If How frequently do you experience freezing episodes during turning? = Never*

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Page Break

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Q5 How long is your longest freezing episode during turning?

- ☐ Very short, 1 second (1)
- ☐ Short, 2 - 5 seconds (2)
- ☐ Long, between 5 and 30 seconds (3)
- ☐ Very long, unable to walk for more than 30 seconds (4)

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Page Break

Q6 How frequently do you experience episodes of freezing when initiating the first step?

- ☐ Never (1)
- ☐ Rarely, about once a month (2)
- ☐ Not often, about once a week (3)
- ☐ Often, about once a day (4)
- ☐ Very often, more than once a day (5)

*Skip To: Q8 If How frequently do you experience episodes of freezing when initiating the first step? = Never*

Page Break



Q7 How long is your longest freezing episode when initiating the first step?

- ☐ Very short, 1 second (1)
- ☐ Short, 2-5 seconds (2)
- ☐ Long, between 5 and 30 seconds (3)
- ☐ Very long, unable to walk for more than 30 seconds (4)

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Page Break

Q8 How disturbing are the freezing episodes for your daily walking?

- ☐ Not at all (1)
- ☐ Very little (2)
- ☐ Moderately (3)
- ☐ Significantly (4)

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Page Break

Q9 Do the freezing episodes cause feelings of insecurity and fear of falling?

- ☐ Not at all (1)
- ☐ Very little (2)
- ☐ Moderately (3)
- ☐ Significantly (4)

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Page Break

Q10 Are your freezing episodes affecting your daily activities? (Rate the impact of freezing on daily activities only. Not the impact of the disease in general.)

- ☐ Not at all, I continue doing things as normal (1)
- ☐ Mildly, I avoid only few daily activities (2)
- ☐ Moderately, I avoid a significant amount (about half) of daily activities (3)
- ☐ Severely, I am very restricted in carrying out most daily activities (4)

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Page Break

Q11 How many times did you fall in the past 12 months?

- ☐ I did not fall (1)
- ☐ Once (2)
- ☐ Once every month (3)
- ☐ Once every week (4)
- ☐ Daily (5)

*Skip To: End of Block If How many times did you fall in the past 12 months? = I did not fall*

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Page Break

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Q12 Did you sustain any injuries from falling in the past 12 months?

- ☐ I sustained no injury (1)
- ☐ I sustained an injury that did not need to be treated (2)
- ☐ I sustained an injury that needed to be treated (3)

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Page Break

End of Block: Block 2: Part 1

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Start of Block: Block 3: Part 2, Category 1

QIntroP2 **PART II: THE USE OF COMPENSATION STRATEGIES**

Persons with Parkinson's disease and difficulties walking can use compensation strategies to improve their ability to walk. There are many different types of strategies, and we have subdivided them into seven separate categories. In this part of the questionnaire, we would like to make an inventory of whether you know and use these compensation strategies.

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Page Break

**CATEGORY I: EXTERNAL CUEING**

The first category of compensation strategies involves external cueing. During external cueing, visual, auditory or tactile stimuli are used. These stimuli are usually rhythmic.

Examples include: Walking to the rhythm of a metronome; Walking to the beat of music; Walking while stepping over lines pasted to the floor, or a certain pattern on the floor; Stepping over someone else's foot.

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Page Break



Q13 Have you heard of external cueing to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: End of Block If Have you heard of external cueing to improve walking? = No, I have never heard of it before*

Page Break

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Q14 How did you hear about external cueing?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q15 Have you ever tried a form of external cueing?

(Examples of external cueing include walking to the beat of music; walking while stepping over lines pasted to the floor, or a certain pattern on the floor; etc.)

- ☐ Yes, I have tried a form of external cueing and I still use it in my daily life (1)
- ☐ Yes, I have tried a form of external cueing, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried a form of external cueing (3)

*Skip To: End of Block If Have you ever tried a form of external cueing? (Examples of external cueing include walking to the. = No, I have never tried a form of external cueing*

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Page Break

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Q16 Please describe the type of external cueing that you use or used:

(Examples of external cueing include walking to the beat of music; walking while stepping over lines pasted to the floor, or a certain pattern on the floor; etc.)

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Page Break



Q17 The effect of external cueing may vary depending on the situation or context in which it is used. **Please indicate the effect of external cueing on your ability to move for the different situations described below:**

(Examples of external cueing include walking to the beat of music; walking while stepping over lines pasted to the floor, or a certain pattern on the floor; etc.)

	External cueing improves my ability to move (1)	External cueing has no effect on my ability to move (2)	External cueing worsens my ability to move (3)	I have never used external cueing in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet, crossing the	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

street) (8)				
When walking in a small or narrow space (e.g., walking in the bathroom, in a room packed with furniture) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking in a crowded area (e.g., a busy market place) (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoors (e.g., when walking on the street) (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Page Break

End of Block: Block 3: Part 2, Category 1

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Start of Block: Block 4: Part 2, Category 2

Q18Intro **CATEGORY II: INTERNAL CUEING**

Rather than being guided by external cues, persons with Parkinson's disease can also use internal cues to improve their ability to walk. Internal cues can help to focus attention on (a specific part of) walking.

Examples include: Counting and making a heel strike at every count.

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Page Break

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Q18 Have you heard of internal cueing to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: End of Block If Have you heard of internal cueing to improve walking? = No, I have never heard of it before*

Page Break

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Q19 How did you hear about internal cueing?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q20 Have you ever tried a form of internal cueing?

(An example of internal cueing includes counting and making a heel strike at every count.)

- ☐ Yes, I have tried a form of internal cueing and I still use it in my daily life (1)
- ☐ Yes, I have tried a form of internal cueing, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried a form of internal cueing (3)

*Skip To: End of Block If Have you ever tried a form of internal cueing? (An example of internal cueing includes counting a... = No, I have never tried a form of internal cueing*

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Page Break

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Q21 Please describe the type of internal cueing strategies that you use or used:

(An example of internal cueing includes counting and making a heel strike at every count.)

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Page Break



Q22 The effect of internal cueing may vary depending on the situation or context in which it is used. **Please indicate the effect of internal cueing on your ability to move for the different situations described below:**

(An example of internal cueing includes counting and making a heel strike at every count.)

	Internal cueing improves my ability to move (1)	Internal cueing has no effect on my ability to move (2)	Internal cueing worsens my ability to move (3)	I have never used internal cueing in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet, crossing the street) (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When walking in a small or narrow space (e.g., walking in the bathroom, in a room packed with furniture) (9)



When walking in a crowded area (e.g., a busy market place) (10)



Outdoors (e.g., when walking on the street) (11)



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Page Break

Q23Intro **CATEGORY III: COMPENSATING FOR BALANCE PROBLEMS**

A third compensation strategy involves compensating for balance problems during gait. With this strategy, you change walking conditions to make it easier to move your weight from one leg to the other, or you use tools (e.g., a walker) to reduce the need to make weight shifts.

Examples include: Shifting your weight to one leg before taking a step; Making wider turns; Using a wheeled-walker.

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Page Break

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Q23 Have you heard of compensating for balance problems to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: End of Block If Have you heard of compensating for balance problems to improve walking? = No, I have never heard of it before*

Page Break

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Q24 How did you hear about the 'compensating for balance problems' strategy?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q25 Have you ever tried a form of compensating for balance problems?

(Examples of compensating for balance problems include shifting your weight to one leg before taking a step, making wider turns, etc.)

- ☐ Yes, I have tried a form of compensating for balance problems and I still use it in my daily life (1)
- ☐ Yes, I have tried a form of compensating for balance problems, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried a form of compensating for balance problems (3)

*Skip To: End of Block If Have you ever tried a form of compensating for balance problems? (Examples of compensating for ba... = No, I have never tried a form of compensating for balance problems*

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Page Break

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Q26 Please describe the form of compensating for balance problems that you use or used:

(Examples of compensating for balance problems include shifting your weight to one leg before taking a step, making wider turns, etc.)

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Page Break



Q27 The effect of compensating for balance problems may vary depending on the situation or context in which it is used. **Please indicate the effect of 'compensating for balance problems' on your ability to move for the different situations described below:**

(Examples of compensating for balance problems include shifting your weight to one leg before taking a step, making wider turns, etc.)

	Compensating for balance problems improves my ability to move (1)	Compensating for balance problems has no effect on my ability to move (2)	Compensating for balance problems worsens my ability to move (3)	I have never used 'compensating for balance problems' in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

crossing the  
street) (8)

When walking in  
a small or  
narrow space  
(e.g., walking in  
the bathroom, in  
a room packed  
with furniture) (9)

When walking in  
a crowded area  
(e.g., a busy  
market place)  
(10)

Outdoors (e.g.,  
when walking on  
the street) (11)



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Page Break

Q31Intro

**CATEGORY IV: ALTERATION OF THE MENTAL STATE**

Alteration of the mental state is the fourth category of compensation strategies that might improve walking in persons with Parkinson's disease. This strategy stimulates alertness and helps to focus attention. In an extreme form, this strategy occurs in stressful situations: a classic example is patients' improved ability to walk during an earthquake. Obviously, life-threatening situations cannot be used as a compensation strategy on a daily basis. However, improvements of gait impairments owing to increased motivation or relaxation might have a similar effect.

An example could be: Relaxation through breathing exercises before starting to walk.

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Page Break

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Q28 Have you heard of altering the mental state to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: Q30 If Have you heard of altering the mental state to improve walking? = No, I have never heard of it before*

Page Break

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Q29 How did you hear about the 'altering the mental state' strategy?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q30 Do you feel stress or anxiety have a negative effect on your ability to walk?

- ☐ Yes, stress and anxiety negatively affect my gait (1)
- ☐ No, stress and anxiety have no effect on my gait (2)

*Skip To: Q32 If Do you feel stress or anxiety have a negative effect on your ability to walk? = No, stress and anxiety have no effect on my gait*

Page Break

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Q31 Do you avoid stressful situations because it has a negative effect on your ability to walk?

☐ Yes, I try to avoid stressful situations because of this (1)

☐ No, I do not avoid stressful situations because of this (2)

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Page Break

Q32 Have you ever tried a form of altering the mental state?

(An example of altering the mental state includes relaxation through breathing exercises before starting to walk.)

- ☐ Yes, I have tried a form of altering the mental state and I still use it in my daily life (1)
- ☐ Yes, I have tried a form of altering the mental state, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried a form of altering the mental state (3)

*Skip To: End of Block If Have you ever tried a form of altering the mental state? (An example of altering the mental state... = No, I have never tried a form of altering the mental state*

Page Break

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Q33 Please describe the form of altering the mental state that you use or used:

(An example of altering the mental state includes relaxation through breathing exercises before starting to walk.)

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Page Break



Q34 The effect of altering the mental state may vary depending on the situation or context in which it is used. **Please indicate the effect of 'altering the mental state' on your ability to move for the different situations described below:**

(An example of altering the mental state includes relaxation through breathing exercises before starting to walk.)

	Altering my mental state improves my ability to move (1)	Altering my mental state has no effect on my ability to move (2)	Altering my mental state worsens my ability to move (3)	I have never used 'altering the mental state' in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet, crossing the street) (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



When walking in a small or narrow space (e.g., walking in the bathroom, in a room packed with furniture) (9)



When walking in a crowded area (e.g., a busy market place) (10)



Outdoors (e.g., when walking on the street) (11)



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Page Break

Q35Intro **CATEGORY V: MOTOR IMAGERY & ACTION OBSERVATION**

Motor imagery and action observation are the fifth category of compensation strategies to improve gait in persons with Parkinson's disease. During motor imagery, you walk while you visualize someone walking. During action observation, you observe someone else walking and try to mimic the walking pattern.

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Page Break

Q35 Have you heard of motor imagery or action observation to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: End of Block If Have you heard of motor imagery or action observation to improve walking? = No, I have never heard of it before*

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Page Break

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Q36 How did you hear about motor imagery or action observation?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q37 Have you ever tried a form of motor imagery or action observation?

(For example, during motor imagery, you walk while you visualize someone walking. During action observation you observe someone else walking and try to mimic the walking pattern.)

- ☐ Yes, I have tried a form of motor imagery or action observation and I still use it in my daily life (1)
- ☐ Yes, I have tried a form of motor imagery or action observation, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried a form of motor imagery or action observation (3)

*Skip To: End of Block If Have you ever tried a form of motor imagery or action observation? (For example, during motor ima... = No, I have never tried a form of motor imagery or action observation*

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Page Break

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Q38 Please describe the form of motor imagery or action observation that you use or used:

(For example, during motor imagery, you walk while you visualize someone walking. During action observation you observe someone else walking and try to mimic the walking pattern.)

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Page Break



Q39 The effect of motor imagery and action observation may vary depending on the situation or context in which it is used. **Please indicate the effect of ‘motor imagery or action observation’ on your ability to move for the different situations described below:**

(For example, during motor imagery, you walk while you visualize someone walking. During action observation you observe someone else walking and try to mimic the walking pattern.)

	Motor imagery or action observation improves my ability to move (1)	Motor imagery or action observation has no effect on my ability to move (2)	Motor imagery or action observation worsens my ability to move (3)	I have never used motor imagery or action observation in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



crossing the street) (8)				
When walking in a small or narrow space (e.g., walking in the bathroom, in a room packed with furniture) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking in a crowded area (e.g., a busy market place) (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoors (e.g., when walking on the street) (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Block 7: Part 2, Category 5

Start of Block: Block 8: Part 2, Category 6

Q40Intro

## CATEGORY VI: ADOPTION OF A NEW WALKING PATTERN

The sixth category of compensation strategies is the adoption of a new walking pattern. Usually, these movements are not completely new but have been learned previously. Examples of adopting a new walking pattern include: walking with the knees lifted high, walking as if you are skating, making a cross pass, walking backwards, walking sideways, climbing stairs, jumping, and running.

Page Break

Q40 Have you heard of adopting a new walking pattern to improve walking?

- ☐ Yes, I have heard of it before (1)
- ☐ No, I have never heard of it before (2)

*Skip To: End of Block If Have you heard of adopting a new walking pattern to improve walking? = No, I have never heard of it before*

Page Break

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Q41 How did you hear about 'adoption of a new walking pattern' strategy?

- ☐ Through my medical doctor (1)
- ☐ Through my physiotherapist (physical therapist) (2)
- ☐ Through my occupational therapist (3)
- ☐ I have read about it (4)
- ☐ I came up with it myself (5)
- ☐ Through another source. (Please fill in a description of the source): (6)

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Page Break

Q42 Have you ever tried adopting a new walking pattern?

(Examples of adopting a new walking pattern include walking with the knees lifted high, walking as if you are skating, etc.)

- ☐ Yes, I have tried adopting a new walking pattern and I still use it in my daily life (1)
- ☐ Yes, I have tried adopting a new walking pattern, but I do not use it in my daily life (anymore) (2)
- ☐ No, I have never tried adopting a new walking pattern (3)

*Skip To: End of Block If Have you ever tried adopting a new walking pattern? (Examples of adopting a new walking pattern i... = No, I have never tried adopting a new walking pattern*

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Page Break

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Q43 Please describe the new walking pattern that you use or used:

(Examples of adopting a new walking pattern include walking with the knees lifted high, walking as if you are skating, etc.)

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Page Break



Q44 The effect of adapting a new walking pattern may vary depending on the situation or context in which it is used. **Please indicate the effect of adapting a new walking pattern on your ability to move for the different situations described below:**

(Examples of adopting a new walking pattern include walking with the knees lifted high, walking as if you are skating, etc.)

	Adapting a new walking pattern improves my ability to move (1)	Adapting a new walking pattern has no effect on my ability to move (2)	Adapting a new walking pattern worsens my ability to move (3)	I have never used 'adapting a new walking pattern' in this situation (4)
When taking your first step after getting up from a chair (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking through a doorway (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When making a turn (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When attempting to stop walking (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the performance of a purposeful daily activity (e.g., getting dressed, kitchen activities) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while talking to someone (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking while carrying something (e.g., a drink, a meal) (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a situation of time pressure (e.g., going to the toilet, crossing the	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

street) (8)				
When walking in a small or narrow space (e.g., walking in the bathroom, in a room packed with furniture) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When walking in a crowded area (e.g., a busy market place) (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoors (e.g., when walking on the street) (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break



Q45Intro

**CATEGORY VII: USING OTHER MEANS THAN WALKING**

The final category of compensation strategies for walking difficulties caused by Parkinson's disease is using other means than walking to move forward.

Examples include: Riding a bicycle; Ice skating; Using a scooter; Roller skating; Skateboarding.

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Q45 Have you ever tried alternatives to normal walking?

- ☐ Yes, I have tried alternatives to normal walking and I still use them in my daily life (1)
- ☐ Yes, I have tried alternatives to normal walking, but I do not use them in my daily life (anymore) (2)
- ☐ No, I have never tried alternatives to normal walking. (3)

*Skip To: Q47Intro If Have you ever tried alternatives to normal walking? = No, I have never tried alternatives to normal walking.*

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Q46 Please provide a description of the alternatives that you use or have used to move forward:

(Examples of alternatives to move forward include riding a bicycle, ice skating, etc.)

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Q47Intro **OTHER CATEGORIES**

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Q47 Were you ever compelled to switch to different compensation strategies over time, because the effect of a particular strategy tapered off over time?

- ☐ Yes, I was obliged to switch to different strategies over time (1)
- ☐ No, I am still using my original strategies (2)
- ☐ I have never used compensation strategies (3)

*Skip To: End of Block If Were you ever compelled to switch to different compensation strategies over time, because the eff... = I have never used compensation strategies*

*Skip To: Q49 If Were you ever compelled to switch to different compensation strategies over time, because the eff... = No, I am still using my original strategies*

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Page Break

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Q48 Which compensation strategies did you have to discontinue? And why?

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Q49 Do you use compensation strategies that were not mentioned in this questionnaire?

☐ Yes, I do. (Please provide a description of the strategies that you use:) (1)

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☐ No, I do not (2)

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Q51Intro **PART III: LEARNING MORE ABOUT AVAILABLE COMPENSATION STRATEGIES**

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Q51 Clinicians and therapists (e.g., physiotherapists, occupational therapists, rehabilitation physicians, and neurologists) can offer advice on the use of compensation strategies. Have you ever received advice on the use of compensation strategies?

- ☐ Yes, I have received advice that was focused on the use of compensation strategies (1)
- ☐ No, I have not received advice that was focused on the use of compensation strategies (2)
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Q52 Would you be interested in receiving (additional) interventions to learn all available compensation strategies?

- ☐ Yes, I would be interested (1)
- ☐ No, I would not be interested. (2)

*Skip To: End of Block If Would you be interested in receiving (additional) interventions to learn all available compensati... = Yes, I would be interested*

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Q53 I would not be interested in receiving (additional) interventions to learn all available compensation strategies, because:

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