

## **Supplementary Material**

Perceptions of Compensation Strategies for Gait Impairments in  
Parkinson's Disease: A Survey Among 320 Healthcare Professionals

## Survey healthcare professionals

### Compensation strategies to improve gait in people with Parkinson's disease

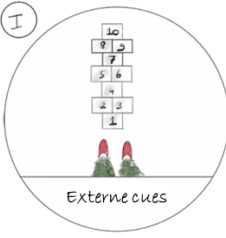
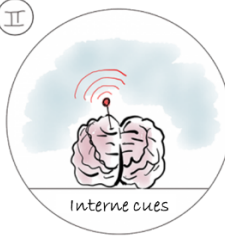





#### **PART 1**

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1. I am:
  - a. A physical therapist
  - b. An occupational therapist
  - c. A neurologist
  - d. A rehabilitation specialist
  - e. Something else: \_\_\_\_\_
  
2. I work in a (mark all that apply)
  - Primary care practice
  - General hospital
  - University hospital
  - Rehabilitation facility
  - Nursing home
  - Different setting: \_\_\_\_\_
  
3. Are you affiliated with ParkinsonNET?
  - a. Yes
  - b. No
  
4. How many people with Parkinson's disease have you treated in the past year?
  - a. I treated people with Parkinson's disease every day
  - b. I treated people with Parkinson's disease every week
  - c. I treated people with Parkinson's disease every month
  - d. I treated a few people with Parkinson's disease
  - e. I never treated people with Parkinson's disease

**PART 2**

People with Parkinson's disease can use compensation strategies to improve their gait. There are many different types of strategies, which may be divided into seven separate categories:

External cueing	Internal cueing	Changing the balance requirements	Altering the mental state	Motor imagery / action observation	Adapting a new walking pattern	Alternatives to walking
 <p>Externe cues</p>	 <p>Interne cues</p>	 <p>Veranderen van de balansvoorwaarden</p>	 <p>Je mentale toestand veranderen</p>	 <p>Visualiseren of bekijken van lopen</p>	 <p>Nieuw looppatroon</p>	 <p>Alternatieven voor normaal lopen</p>
<p><b>Examples:</b> Walking to the beat of a metronome Stepping over lines on the floor.</p>	<p><b>Examples:</b> Focussing on fixed elements of the gait cycle, for example by counting, and taking a step at every count.</p>	<p><b>Examples:</b> Making a volitional weight shift before taking a step Making wider turns</p>	<p><b>Examples:</b> Reduction of stress or fear of falling Increased motivation</p>	<p><b>Examples:</b> Observing another person's gait, and mimicking their movements Visualizing a person walking, and mimicking their gait</p>	<p><b>Examples:</b> Lifting the knees up high Jumping Running Walking backwards</p>	<p><b>Examples:</b> Riding a bicycle Skating Crawling</p>

5. What categories of compensation strategies were you aware of? (mark all that apply)
- External cueing
  - Internal cueing
  - Changing the balance requirements
  - Altering the mental state
  - Motor imagery / action observation
  - Adopting a new walking pattern
  - Alternatives to walking
  - None
6. Which categories of compensation strategies do you apply / suggest in practice when working with persons with Parkinson's disease and gait impairments? (mark all that apply)
- External cueing
  - Internal cueing
  - Changing the balance requirements
  - Altering the mental state
  - Motor imagery / action observation
  - Adopting a new walking pattern
  - Alternatives to walking
  - None
7. What is the reason you do not apply / suggest all categories in your practice?
- a. Not applicable: I apply / suggest all categories in practice
  - b. I do not know all categories of compensation strategies
  - c. I do not have enough time to apply / suggest them all
  - d. Different reason: \_\_\_\_\_
8. Which category do you apply / suggest most in your practice?
- a. External cueing
  - b. Internal cueing
  - c. Changing the balance requirements
  - d. Altering the mental state
  - e. Motor imagery / action observation
  - f. Adopting a new walking pattern
  - g. Alternatives to walking
  - h. None
9. How do you determine the optimal compensation strategy for your patient?
- a. By trial-and-error
  - b. Systematically, by: \_\_\_\_\_

### **PART 3**

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10. Would you be interested in (additional) training / resources to learn more about the different compensation strategies?
  - a. Yes
  - b. No
  
11. Do you need (additional) patient information about the different compensation strategies?
  - a. Yes
  - b. No

*Illustrations: CC-BY Verbeeldingskr8 a.k.a. Sparks*