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## Motor control after anterior cruciate ligament reconstruction

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# **Stellingen behorende bij dit proefschrift**

**Alli Gokeler**

## **Motor Control after Anterior Cruciate Ligament Reconstruction**

1. Despite an ACL-reconstruction, gait patterns suggest that some patients could be classified as non-copers.

*This dissertation*

2. Cause and effect relationship between a strong quadriceps and optimal knee function after ACL-reconstruction is not clear.

*This dissertation*

3. ACL-reconstruction is perceived as a successful procedure in the orthopedic society, but that all depends on the definition of "success".

*This dissertation*

4. Proprioceptive tests after ACL injury warrant scrutiny as belief that proprioception affects function has come before understanding.

*This dissertation*

5. The construct of the envelope of function (Scott Dye, 1996) should be expanded by a neuro-mechanical functional envelope.

*This dissertation*

6. Criteria for return to sports after ACL-reconstruction need to be revised because altered movement patterns after ACL-reconstruction predispose to re-injury.

*This dissertation*

7. It is time for a paradigm shift, from an internal attentional focus to an external focus of attention after ACL-reconstruction.

*This dissertation*

8. An ACL injury is not only a musculoskeletal injury of a 3,5 cm ligament, but also a CNS and psychological dysfunction.

*This dissertation*

9. The correct conclusion for this dissertation was already written in 1883 by Friedrich Nietzsche: "There is more wisdom in your body than in your deepest philosophy"

10. The search for truth is deadly for creativity. Playing with truths awakens creativity. (George Parker, 2004)