

University of Groningen

## Return to sport after an anterior cruciate ligament reconstruction

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DOI:  
[10.33612/diss.203441661](https://doi.org/10.33612/diss.203441661)

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*Document Version*  
Publisher's PDF, also known as Version of record

*Publication date:*  
2022

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Welling, W. (2022). *Return to sport after an anterior cruciate ligament reconstruction: are we there yet?* [Thesis fully internal (DIV), University of Groningen]. University of Groningen.  
<https://doi.org/10.33612/diss.203441661>

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# Propositions

Belonging to the thesis

## “RETURN TO SPORT AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION”

By Wouter Welling

1. The decision for return to sports after ACL reconstruction should be based on criteria and time – *this dissertation*
2. Psychological counseling should be a standard part of the rehabilitation program after ACL reconstruction – *this dissertation*
3. Current return to sport tests are not sport-specific enough to identify risk for second ACL injury – *this dissertation*
4. Return to sport is not a static moment in time but rather a dynamic process with an individual approach for every patient – *this dissertation*
5. We need to improve our communication with patients to improve patient satisfaction, patient motivation and fulfil patient expectations – *this dissertation*
6. An ACL injury is not only a musculoskeletal injury, but also a neural lesion – *Massimiliano Valeriani (1996)*
7. An ACL injury is a heart attack to the knee – *Freddie Fu (2017)*
8. You cannot have good knee function without the basic strength – *Mick Hughes (2021)*
9. On-field rehabilitation is the missing link in rehabilitation after ACL reconstruction – *Matthew Buckthorpe (2019)*
10. Het volgen van een promotietraject is een interessante manier om meer over jezelf te leren, zowel professioneel als persoonlijk