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Central Sensitization and Physical Functioning in patients with Chronic Low Back Pain

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Propositions belonging to the thesis

**Central Sensitization and Physical Functioning
in patients with Chronic Low Back Pain**

1. Central sensitization is not central to the functioning of patients with chronic low back pain. (*this thesis*)
2. The assessment of symptoms of central sensitization adds value to pain rehabilitation. (*this thesis*)
3. An integrated biopsychosocial framework is crucial for the understanding of chronic low back pain and central sensitization, and should be implemented for better matching assessments and interventions. (*this thesis*)
4. High variability between- and within-patients with chronic low back pain requires an individualized interpretation of assessments and regularly adjusted treatment goals and approach. (*this thesis*)
5. Because contextual factors add to case-complexity in patients with chronic low back pain, it also challenges generalization of research findings. (*this thesis*)
6. A single central sensitization measurement method is not sufficient to detect, quantify and/or assess the presence of central sensitization. (*this thesis*)
7. In contrast with prevailing beliefs, a maximal cardiopulmonary exercise test is safe, feasible and pain tolerable for patients with chronic low back pain. (*this thesis*)
8. Clinicians influence the assessment of patients even before the assessment begins. (*resulting from this thesis*)
9. “*No desayunes en la ducha; céntrate en lo que estás haciendo.*” (in English: Don't eat breakfast in the shower; focus on what you're doing.) ~ **Juan Ansuategui Artiles**
10. “*El ser humano deriva del mono vago, para trabajar menos empezó a pensar más.*” (in English: The human being derives from the lazy monkey; in order to work less he began to think more.) ~ **Carmen Echeita Madariaga**