

University of Groningen

## Motor learning in ACL injury prevention

Benjaminse, Anne

**IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.**

*Document Version*

Publisher's PDF, also known as Version of record

*Publication date:*

2015

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

*Citation for published version (APA):*

Benjaminse, A. (2015). *Motor learning in ACL injury prevention*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

### Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

### Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

## **Motor Learning in ACL Injury Prevention**

1. Injury prevention should be part of the game.  
*This dissertation and David J. Chalmers (Inj Prev, 2002)*
2. Performance enhancement and injury prevention go hand in hand.  
*This dissertation*
3. Sooner or later, we all have to get out of our heads and just play.  
*This dissertation and interview Lower Extremity Review 2014*
4. We should respect sex differences as teaching females to 'move like males' may be largely ineffective. Females should be stimulated and guided to find their own way in solving motor issues instead.  
*This dissertation*
5. Directing the athlete's attention to various aspects of their movements and telling precisely how to move works counterproductive.  
*This dissertation*
6. Athletes have a reasonably accurate feeling on how they perform and they should therefore be given more control on how and when to receive feedback.  
*This dissertation*
7. We can't prevent what we don't understand.  
*This dissertation and Scott G. McLean (J Athl Train, 2008)*
8. It is time for innovation of current ACL injury prevention strategies.  
*This dissertation*
9. A good head and a good heart are always a formidable combination.  
*Nelson Mandela*