

University of Groningen

Motor learning in ACL injury prevention

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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