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## Patient centered development and clinical evaluation of an ankle foot orthosis

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# STELLINGEN

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## Patient centered development and clinical evaluation of an ankle foot orthosis

1. De belangrijkste functie van een enkel voet orthese (EVO) is het toestaan van intacte enkelfunctie en niet het compenseren van uitgevallen enkelfunctie. (dit proefschrift)
2. Gebruik van een dorsale EVO, zoals een peroneusveer, voor een patiënt met alléén dorsiflexor-parese is een voorbeeld van overbehandeling. (dit proefschrift)
3. Voor een Orthopedisch Technoloog is het luisteren naar de patiënt belangrijker dan het maken van de EVO. (dit proefschrift)
4. Plantairflexor-parese is het ondergesneeuwde kindje van klapvoet. (dit proefschrift)
5. Net zoals er voor dorsiflexor-parese lekentermen zijn: `sleepvoet`, `dropvoet` en `klapvoet`; moet er tenminste één lekenterm geïntroduceerd worden voor plantairflexor-parese: `slappe afzet`.
6. Een ideale EVO geeft zowel stabiliteit als bewegingsvrijheid. (dit proefschrift)
7. Zelfs met bilaterale parese van dorsiflexoren en plantairflexoren, kun je je beste beentje voorzetten. (dit proefschrift)
8. Een patent wordt binnen de revalidatiegeneeskunde ondergewaardeerd.
9. Do not wait for the storm to pass, just dance in the rain. (shortened from Vivian Greene)
10. Flexibility is the greatest strength. (Steven Redhead)

# PROPOSITIONS

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## Patient centered development and clinical evaluation of an ankle foot orthosis

1. The main function of an ankle foot orthosis (AFO) is to allow intact ankle function and not to compensate for loss of ankle function. (this dissertation)
2. Using a dorsal AFO in a patient with only dorsiflexor paresis is an example of overtreatment. (this dissertation)
3. For Certified Prosthetists and Orthotists, listening to a patient is more important than creating the AFO. (this dissertation)
4. Plantarflexor paresis is the neglected cousin of foot drop. (this dissertation)
5. Just as dorsiflexor paresis has Layman's terms such as: `foot drag', `foot drop' and `foot slap'; at least one Layman's term has to be introduced for plantarflexion paresis: `weak push-off'.
6. An ideal AFO should provide stability and flexibility. (this dissertation)
7. Even with a bilateral paresis of both dorsiflexors and plantarflexors, you can put your best foot forward. (this dissertation)
8. A patent is undervalued within Rehabilitation Medicine.
9. Do not wait for the storm to pass, just dance in the rain. (shortened from Vivian Greene)
10. Flexibility is the greatest strength. (Steven Redhead)