

## Stellingen

1. Exercise therapy, combined with the provision of education and self-management support, is an effective physiotherapy intervention in hip or knee osteoarthritis (this thesis).
2. Interactive education is more effective regarding physiotherapists' adherence to a practice guideline for hip and knee osteoarthritis than conventional presentations of the guideline (this thesis).
3. All clinical guidelines should be accompanied by a structured implementation plan comprising active strategies on top of passive dissemination.
4. Quality indicators derived from a clinical practice guideline for hip and knee osteoarthritis are useful to measure physiotherapists' guideline adherence (this thesis).
5. Sets of quality indicators for physiotherapy care should be made quantifiable and applicable in daily practice in an unambiguous way to ensure an adequate reflection of the quality of care.
6. Quality indicators used by different professions, should be harmonised to enable the continuous monitoring of the quality of care and outcomes in patients with hip or knee osteoarthritis.
7. As the usage of preoperative physiotherapy is considerable (this thesis) and the evidence for the cost-effectiveness is scanty, more research into its efficacy in subgroups of patients is needed.
8. Recommendations on physiotherapy interventions for patients with hip or knee osteoarthritis should be more precise regarding their goals and the required content, intensity, frequency and duration.
9. The observation that dizziness in combination with falling is associated with worse functioning one year after hip and knee replacement surgery warrants additional research to determine the potential clinical consequences for preoperative assessment and care (this thesis).
10. "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." (Hippocrates, 460-370 B.C.).
11. Medical science is at the service of care and not the other way around.
12. "*There is no science without fancy and no art without fact*" (Vladimir Nabokov 1899-1977).