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Compensatory muscle activation in patients with glenohumeral cuff tears

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Propositions

accompanying the thesis

Compensatory Muscle Activation in Patients with Glenohumeral Cuff Tears

1. In glenohumeral cuff insufficiencies there is a conflict between glenohumeral stability and arm mobility.
this thesis
2. Compensatory muscle activation might impair shoulder function.
this thesis
3. The conflict between glenohumeral stability and arm mobility can be solved by a teres major tendon transfer, changing an arm *adductor* into an arm *abductor*.
this thesis
4. The teres major can contribute to pain reduction due to the role it plays in increasing the subacromial space; both by humeral head pull down and by increasing scapular lateral rotation.
this thesis
5. Scapular kinematics is merely the result of muscle activation and gravity.
this thesis
6. Biomechanics is useful in the development of orthopaedic interventions such as tendon transfers, but the orthopaedic community has difficulties accepting biomechanics in the validation of clinical successes.
7. The outcome of any intervention targeting muscle activation should be checked by measuring muscle activation.
8. Medical research should also be “theory-based” rather than purely “evidence-based”.
9. The focus of a PhD-thesis is inversely proportional with the length of its summary.
10. Only when one has come to a complete standstill, can mobility be fully appreciated.
11. Be suspicious of anyone explaining anything too confidently.
12. To pose a truth is easy, convincing others of its veracity quite complicated.
13. Maintaining balance in life requires an occasional perturbation.