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Recovery of arm-hand function after stroke: developing neuromechanical biomarkers to optimize rehabilitation strategies.

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INDEX

Chapter 1	General introduction	7
Chapter 2	The gap between clinical gaze and systematic assessment of movement disorders after stroke	15
Chapter 3	Design of a concise and comprehensive protocol for post stroke neuromechanical assessment	31
Chapter 4	Comprehensive neuromechanical assessment in stroke patients: reliability and responsiveness of a protocol to measure neural and non-neural wrist properties	53
Chapter 5	Loss of selective wrist muscle activation in post-stroke patients	79
Chapter 6	Early increase in active range of motion and a steady rest angle at the wrist are associated with better arm-hand function after stroke: a longitudinal study	99
Chapter 7	Discussion	119
Chapter 8	Nederlandse samenvatting (Summary)	127
	Bibliography	133
	Curriculum Vitae	135
	Dankwoord	137

