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

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Stellingen behorende bij het proefschrift **Recovery of arm-hand function after stroke: developing neuromechanical biomarkers to optimize rehabilitation strategies.**

Hanneke van der Krogt

(Propositions)

1. A clear description of pathophysiological concepts supports discussion about and facilitates follow up of movement disorder after stroke. (this thesis)
2. Objective and reproducible measurement of body functions in movement disorder after stroke requires biomechanical, electromyographical and system identification techniques. (this thesis)
3. To identify the phenotype of a patient in a spectrum of neural and non-neural contributors to movement disorder, multiple measurement and task conditions should be used. (this thesis)
4. Invasive, costly and/or labor intensive treatment should not be prescribed without proper information on (loss of) selective muscle activation. (this thesis)
5. The connection between pathophysiology and treatment goals in the field of rehabilitation is supported by the framework of the International Classification of Functioning, Disability and Health.
6. Goal setting in interdisciplinary rehabilitation should be formulated in a SMART way: specific, measurable, acceptable, realistic and time-based.
7. Investment in research and development and realization of rapid implementation will greatly enhance the effectiveness and efficiency of rehabilitation medicine. (position paper VRA, 2015)
8. Safe application of medical technology means a safe product, in the hands of a trained user in an environment that can guarantee safe use. (Covenant Veilige Toepassing van Medische Technologie in de medisch specialistische zorg. Utrecht 2016)
9. If the wires of the surface EMG electrodes can get entangled, they will get entangled. (Free adaptation from Murphy's law)
10. It is a capital mistake to theorize before one has data. Insensibly one begins to twist facts to suit theories, instead of theories to suit facts. (Sherlock Holmes - A Scandal in Bohemia. A. Conan Doyle, The adventures of Sherlock Holmes; George Newnes Ltd, London. 1892)
11. More harm is done because you do not look / Than from not knowing what is in the book. (Zachary Cope, The Diagnosis of the Acute Abdomen in Rhyme, H. K. Lewis, London. 1947)
12. Experience is what you obtain just after you need it. (Dr Baur, intensivist, MC Haaglanden circa 2006)