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## Functional implications of structural “anomalies” in shoulder pain

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## Functional Implications of Structural “Anomalies” in Shoulder Pain

- 1 Subacromial pain is a symptom of a far more complex entity, which cannot be solved by a simple subacromial bony procedure. *This thesis*
- 2 Limitations in glenohumeral elevation and external rotation are associated with subacromial pain syndrome. *This thesis*
- 3 A reduction in teres major co-contraction is associated with subacromial pain syndrome. *This thesis*
- 4 The size of rotator cuff defects is associated with glenohumeral and scapulothoracic kinematics. *This thesis*
- 5 A supraspinatus tear is a potential confounder when studying the effect of ageing in the rotator cuff. *This thesis*
- 6 A latissimus dorsi or teres major tendon transfer is a valuable salvage procedure to decrease shoulder pain and improve function in a patient with a massive posterosuperior rotator cuff tear. *This thesis*
- 7 At present, no effective evidence-based modalities exist to classify subacromial pain syndrome.
- 8 There is no consensus on healthy nor pathologic shoulder kinematics. Thus, scapular dyskinesis is not a symptom “*sine qua non*” in the diagnosis of a rotator cuff tear.
- 9 These ‘stiff and painful shoulders’ are so common and cause so much disability among the working classes that they deserve much more attention than has hitherto been given them. *E.A. Codman, Boston Medical and Surgical Journal, 1911*
- 10 Anecdotal associations are so powerful that they cause *orthopaedic surgeons* to ignore contrary evidence. *Based on M. Shermer, Nature, 2008*
- 11 Je moet kunnen omgaan met onwetendheid om te leren, omdat je “alleen iets kunt leren waar je nog geen weet van hebt”. *Based on Arthur Japin, Een Schitterend Gebrek, 2003*
- 12 You think you have to want more than you need. Because if you have it all, you will not be free. *Based on Eddie Vedder, Society, 2007*