Optimizing care in lumbar radiculopathy and neurogenic claudication: from injection to inference, and from clinician to algorithm

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Stellingen behorende bij het proefschrift getiteld "Optimizing Care in Lumbar Radiculopathy and Neurogenic Claudication. From injection to inference, and from clinician to algorithm"

1. Transforaminal epidural steroid injections can be beneficial in patients with lumbar radiculopathy; however, even placebo injections can be beneficial in some patients – this thesis.

2. Patient selection for transforaminal epidural steroid injections remains challenging due to the absence of unequivocally predictive factors – this thesis.

3. Type II Modic changes, which are associated with a chronic inflammatory environment, are not correlated with the treatment effect of a transforaminal epidural steroid injection in patients with lumbar disc herniation – this thesis.

4. There is both room and a clear need to optimize pain treatment strategies, especially in the acute phase of lumbar radiculopathy – this thesis.

5. Automized grading of lumbar spinal stenosis has the potential to improve patient care but clear standards for the development and validation of such algorithms are essential – this thesis.

6. Sometimes, prioritizing feasibility over a perfectly designed study is justified.

7. AI will not replace doctors, but doctors who know when to use AI will replace doctors who don't.

8. The cumulative workload placed on doctors over the years leaves insufficient time for the development of innovative solutions.

9. "In theory, there is no difference between theory and practice. But, in practice, there is." (Yogi Berra, 1925-2015) – the average treatment effects from studies do not always reflect the heterogeneity of individual patient responses observed in clinical practice.

10. "Everything should be made as simple as possible, but not simpler." (Albert Einstein, 1879-1955) - radiological grading systems must balance reliability and clinical applicability, as both oversimplification and excessive complexity limit their usefulness.

11. "Every champion was a contender that refused to give up." (Rocky Balboa) – the development of clinically meaningful innovations requires sustained effort and perseverance.