

# Don't get boxed in

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# Don't get boxed in

Pathways to attenuate the spreading of pain-related avoidance behavior

## PROPOSITIONS

1. Reducing pain to merely a signal of tissue damage has detrimental effects
2. Don't get boxed in; excessive pain-related avoidance contributes to chronic pain disability
3. A fundamental understanding of how avoidance becomes excessive and how this may be countered can help develop and optimize treatment strategies
4. Uncertainty about when movements are followed by pain leads to increased generalization of pain-related avoidance (this thesis)
5. Know your movements; poor proprioceptive accuracy is associated with excessive pain-related avoidance (this thesis)
6. Induced positive affect buffers against excessive spreading of pain-related avoidance (this thesis)
7. Evidence for the diagnostic validity of current avoidance generalization paradigms is lacking (this thesis)
8. *"Science is built up of facts, as a house is built of stones; but an accumulation of facts is no more a science than a heap of stones is a house"*, Henri Poincaré