

Anterior cruciate ligament injuries in children and adolescents

Citation for published version (APA):

Dietvorst, M. (2023). *Anterior cruciate ligament injuries in children and adolescents*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20230210md>

Document status and date:

Published: 01/01/2023

DOI:

[10.26481/dis.20230210md](https://doi.org/10.26481/dis.20230210md)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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Stellingen

1. Skeletal age is key consideration for treatment decision-making in ACL injuries in children and adolescents (this thesis).
2. A popping sensation is a highly specific symptom for ACL injuries in children and adolescents (this thesis).
3. A steep slope is associated with re-injuries in children and adolescents and should be analysed prior to (revision) ACL reconstruction (this thesis).
4. To assess patient reported outcome measures after ACL injury or reconstruction, the Pedi-IKDC and HSS Pedi-FABS should be used for self-reported knee function and activity level (this thesis).
5. ACL rehabilitation in children and pre-pubertal adolescents should not focus on muscle strength (this thesis).
6. *"Multicentre and registry studies should be prioritised. Because of smaller numbers of ACL injuries in paediatric patients than in skeletally mature patients, specialist treatment centres, expert clinicians and researchers must prioritise collaboration"* (Clare L Ardern et al. Br J Sports Med. 2018).
7. *"The clinician of the future has to be more data savvy and data analytics savvy"* (Leo Anthony Celi, in 'Clinician of the future Report', Elsevier 2022).
8. Children are not little adults (World Health Organisation, WHO, 2009).
9. *"Exercise is so useful and necessary, that not only Man, but the most inactive and indolent of the brute Creation; nay, even Plants themselves, cannot thrive without it. The humble Violet, as well as the lofty Oak, loves to be agitated by the Winds"* (Nicolas Andry de Bois-Regard, Orthopaedia, 1743).
10. *"If you can't explain it to a 6-year-old, you don't understand it yourself"* (Albert Einstein, 1879-1955).
11. *"We are just an advanced breed of monkeys on a minor planet of a very average star. But we can understand the Universe. That makes us something very special"* (Stephen William Hawking, 1942-2018).