

Thumb Carpometacarpal Osteoarthritis

Prediction, rehabilitation and contextual effects

1. “The higher the pain levels and disability patients experience, the more the patient will benefit from orthosis and exercise therapy for their thumb CMC osteoarthritis.” — *This thesis*
2. “In treating thumb CMC osteoarthritis, orthosis and exercise therapy is an effective treatment option, and the majority of patients do not decide to be surgically treated.” — *This thesis*
3. “When patients are surgically treated for their thumb CMC osteoarthritis, postoperative immobilization should be three to five days” — *This thesis*
4. “Psychological attributes of the patient are an important source of variation in symptom presentation and should be taken into account in treating thumb CMC osteoarthritis.” — *This thesis*
5. “Communication of the doctor and providing sufficient, understandable information to the patient will contribute to better treatment outcome and should be trained more often.” — *This thesis*
6. Propensity score matching is an appropriate method for comparing different groups with each other and is an acceptable alternative for an RCT. — Peter C Austin et al., An Introduction to Propensity Score Methods for Reducing the Effects of Confounding in Observational Studies, *Multivariate Behav Res.* 2011 May; 46(3): 399–424.
7. Het huidige zorgstelsel van marktwerking heeft er in Nederland voor gezorgd dat zorgverzekeraars teveel macht hebben gekregen, waardoor de kwaliteit van zorg achteruit gaat en de financiële kosten stijgen — Gerard Bosman, Niet de zorg, maar het zorgstelsel is duur, *BNN Vara*
8. “It’s more important to know what sort of person has the disease than to know what sort of disease the person has.” — Hippocrates
9. In our increasingly complex world, global collaboration between research groups and researchers is necessary to continue expanding our knowledge regarding disease and illness — Ghazwan Butrous, International cooperation to promote advances in medicine, *Ann Thorac Med.* 2008 Jul-Sep; 3(3): 79–81.
10. Social media use among adolescents leads to negative effects in the developing brain and should therefore be limited — Eveline A. Crone et al., Media use and brain development during adolescence, *Nature Communications.* 2018, Article number: 588
11. “The pump is one of the better highs in life. You don’t need to shoot up for it, you don’t need to snort it. All you’ve got to do is sweat for it.” – Greg Plitt