

## PROPOSITIONS FOR THIS THESIS

### No Rules of Thumb:

#### Outcome measurement and treatment for thumb base osteoarthritis

1. Nonsurgical treatment is a successful initial treatment of choice, both for patients with thumb base osteoarthritis and patients with symptomatic thumb base instability. (this thesis)
2. Exercise therapy is a valuable addition to an orthosis in nonsurgical treatment for patients with thumb base osteoarthritis. (this thesis)
3. Psychological characteristics should be considered during clinical decision-making (i.e. when converting to surgery) because they indicate if psychological interventions, training in coping strategies, and patient education are needed in patients with thumb base osteoarthritis. (this thesis)
4. Following thumb base resection arthroplasty, short immobilization (i.e. 3-5d days plaster cast, a thumb-wrist orthosis until 4wks, and a thumb butterfly orthosis until 8 wks) is safe and can be recommended. (this thesis)
5. Since the population of patients with thumb base osteoarthritis is highly heterogeneous, validated prediction models are needed to enable patient-centered care and true shared-decision making. (this thesis)
6. The use of propensity score matching in observational studies is an appropriate alternative to randomized controlled trials, when there is practice variation and relevant covariates are measured. (Derived from: Austin, PC. An Introduction to Propensity Score Methods for Reducing the Effects of Confounding in Observational Studies, Multivariate Behavioral Research. 2011)
7. "Since value depends on results, not inputs, value in health care is measured by the outcomes achieved, not the volume of services delivered." (Porter, ME. What is value in healthcare? New England Journal of Medicine. 2010)
8. Many operations currently being performed for subjective complaints (usually pain) have not been tested against placebo and are performed because the patients seem to get better afterwards. (Derived from: Harris, I. Surgery, the Ultimate Placebo. 2016)
9. In physical therapy research, placebo interventions should include all the incidental features of the treatment, none of the characteristic features, and nothing more. (Derived from: Maddocks, M. et al. Problematic placebos in physical therapy trials, Journal of Evaluation in Clinical Practice. 2016)
10. "Goede zorg kost geld, meer goede zorg kost nog meer geld en op een gegeven moment is het geld op, dus dan moet je kiezen." (Bos, Wouter. Stop met wegduiken voor pijnlijke keuzes in de zorg, bepleit Wouter Bos. Volkskrant. 2018)
11. "If my answers frighten you, then you should cease asking scary questions" (Jules Winnfield by Samuel L. Jackson, Quentin Tarantino, from: Pulp Fiction, 1994)

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