Anatomic anterior cruciate ligament reconstruction: a changing paradigm
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STATEMENTS

1. Double-bundle ACL reconstruction has many theoretical advantages, but also serious drawbacks and limitations as compared to single-bundle reconstruction.

2. There is no correlation between the two-dimensional notch width index (NWI) and the overall three-dimensional notch volume.

3. An A-shaped femoral intercondylar notch indicates that the notch has below-average dimensions.

4. There is no difference in overall notch size between subjects with and without ACL rupture.

5. The lateral intercondylar ridge and the lateral bifurcate ridge do not disappear after ACL injury under the influence of Wolff’s law; therefore they can reliably be used to locate the native ACL insertion site on the femur.

6. In the existing ACL literature a substantial percentage of papers describing a surgical technique provide insufficient data required for proper interpretation of the operative technique and its reported outcomes.

7. The pattern of rupture of the ACL graft found during ACL revision surgery is indicative of the cause of failure and informs the surgeon whether the failure was due to a traumatic event or surgical technique and whether the graft was fully healed.

8. Anatomic double-bundle ACL reconstruction leads to a better restoration of anterior and rotational laxity and range of motion than single-bundle reconstruction.

9. Anterior cruciate ligament reconstruction is a detailed procedure that should and can be individualized for each patient.

10. You can only work hard, if you play hard too (learned from Dr. Freddie Fu).
11. The orthopaedic triad of danger consists of a famous surgeon, promoting a new surgical technique, proven to work on one top-level athlete (learned from Dr. John Bergfeld).

12. To excel in research in the medical field, you have to be equal parts clinician and scientist (learned from Dr. Freddie Fu).

13. Women are just as successful in orthopaedic surgery as men (learned from the Ruth Jackson Orthopaedic Society for Women).

14. You do not need to be smart to make it; you just have to be motivated (learned from Prof. dr. C. Niek van Dijk).