Advances in the management of ankle injuries in athletes

Calder, J.D.F.

Citation for published version (APA):
ADVANCES IN THE MANAGEMENT OF ANKLE INJURIES IN ATHLETES

Propositions for PhD thesis by James D. F. Calder, defence 5th July 2017

1. Lateral ligament injuries are generally under-treated and lessons learned from their management in the elite athlete should be extended to the general population.

2. The introduction of a few simple rules (in addition to the Ottawa rules) for assessment of ankle injuries in the emergency department may reduce delays in the treatment of “high ankle sprains”.

3. The success of posterior ankle arthroscopy for posterior ankle impingement symptoms is such that this should be the default surgical procedure and open surgery considered the exception – more training of young surgeons in this technique is therefore required!

4. The high prevalence of plantaris tendon injury in track and field athletes means that routine screening throughout the season and adjustment of load is justified in order to preserve team numbers.

5. Earlier intervention with plantaris specific exercises may avoid delay in resolution of symptoms in plantaris-related Achilles tendon pain.

6. We must avoid distraction of pharmaceutical industry driven pressure to utilise expensive chemical prophylaxis for venous thromboembolism where there is no evidence for it’s benefit.

7. If you can keep your head when all about you
   Are losing theirs and blaming it on you,
   If you can trust yourself when all men doubt you,
   But make allowance for their doubting too…

   Rudyard Kipling (1865-1936) – “If”

8. There is nothing either good or bad, but thinking makes it so.

   William Shakespeare (1564-1616) – Hamlet

9. The best environment for original thought is away from laboratories and operating theatres.

   James Calder (1968-present) – PhD thesis 2017

10. Yesterday is history, tomorrow is a mystery, but today is a gift. That is why they call it the present.

    Master Oogway 2008

11. We are the Pilgrims, master; we shall go
    Always a little farther; it may be
    Beyond that last blue mountain barred with snow
    Across that angry or that glimmering sea

    James Elroy Flecker (1884-1915) – The Golden Journey to Samarkand