

Propositions belonging to the thesis

Prognosis and prevention of injuries in recreational runners

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- The main reason to stop running in novice runners is a running-related injury (this thesis).
- A multifactorial online injury prevention program that consists of information on evidence-based risk factors and advices how to reduce injury risk does not reduce the number of injuries in recreational runners (this thesis).
- The fact that more than three quarters of the runners believe that running shoes play an important role in injury prevention shows the effective marketing strategies of shoe manufactures (this thesis).
- Information about injury prevention should be delivered to recreational runners through a mobile application or website (this thesis).
- Injury prevention programs should target runners who had an injury in the past (this thesis).
- Sport participation should be stimulated, because the costs of physical inactivity are way higher than the costs of sports injuries (Lee et al. 2012 & Polinder et al. 2016).
- The decreased collision forces of a forefoot strike may prevent injuries (Lieberman et al. 2010), but the musculoskeletal system of runners in western countries has evolved in such a way that it cannot handle forefoot striking.
- More office workers should walk at lunch time (Sianoja et al. 2018).
- For improvement of the respiratory system, running and singing is a perfect combination (Kang et al. 2017).
- Because insects are in almost every ecosystem, the massive insect extinction is a threat to all life on earth (Sánchez-Bayo & Wyckhuys, 2019).
- Wa't de sinne yn'e mjitte rint, lit it skaad efter.