



Musculoskeletal

Injuries in runners

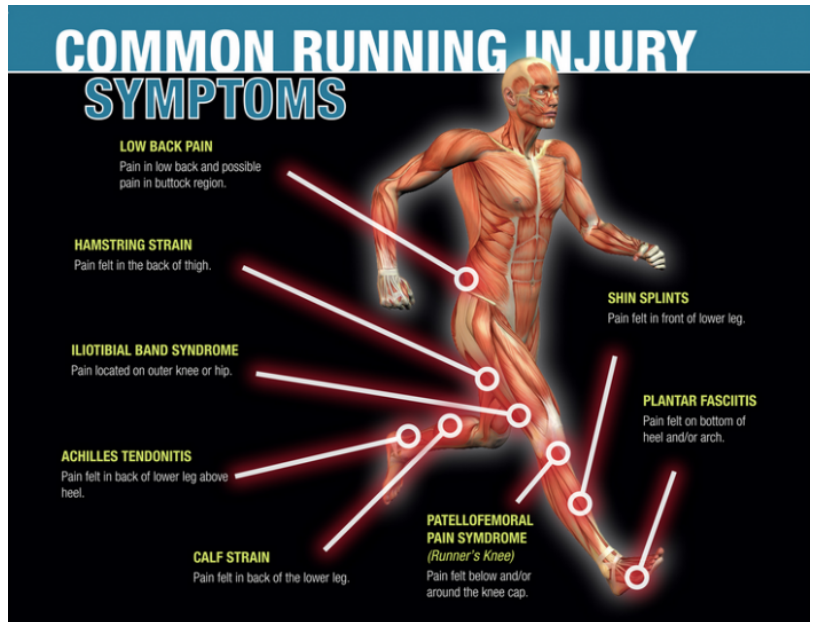
Risk factors for running-related injuries

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Previous leg injury and use of orthotics/inserts are observed as risk factors for running-related injuries. In addition, men are at higher risk for sustaining running-related injuries compared to women. In recent years, the number of runners and running events has been growing steadily. However, a downside of running is the relatively high risk of injury. Therefore, identifying risk factors needs attention in research. This research may contribute to the development of injury prevention strategies, especially when the risk factors can be influenced by adequate training or by optimizing the training environment.

15 studies were included to determine the risk factors for running-related injuries. A broad range of runner types, varying from novice till competitive runners, were investigated.

Running injuries seem to have a multifactorial origin. However, based on the current findings, efforts to prevent injury should focus on runners, especially men, with a history of running-related injuries. Customized training and/or specific exercises are suggested as prevention for this specific group of runners. In addition, the use of orthotics/inserts should be discouraged, although it is possible that runners who are more prone to injury are given orthotics/inserts earlier.



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