Running injury prevention and performance enhancement

Propositions for the thesis entitled:

Running injury prevention and performance enhancement: From the lab to the field

1. Running wearables can prevent running-related injuries (chapter 11)
2. Injury prevention is equally important as motivational strategies to keep individuals exercising (chapter 11, 14)
3. Individually optimized running technique improves running economy (chapter 8, 9)
4. Muscle activation assessed during exercise can predict long-term muscle adaptations (chapter 3, 4)
5. Biomechanics cannot be ignored in effective injury prevention
6. Real-time feedback on tissue loading by wearables can revolutionize injury prevention
7. Strength training is important for injury prevention and performance enhancement in running
8. Running wearables can benefit health, performance, and foster community engagement
9. If all you have is a hammer, everything looks like a nail – Abraham Maslow
10. Those who do not find time for exercise will have to find time for illness – Edward Stanley

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