

Running injury prevention and performance enhancement

Citation for published version (APA):

van Hooren, B. P. M. (2024). *Running injury prevention and performance enhancement: from the lab to the field*. [Doctoral Thesis, Maastricht University]. Maastricht University.
<https://doi.org/10.26481/dis.20240617bh>

Document status and date:

Published: 01/01/2024

DOI:

[10.26481/dis.20240617bh](https://doi.org/10.26481/dis.20240617bh)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

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

Bas Van Hooren

17 June 2024