

Le livre **La Clinique Du Coureur : La santé par la course à pied** (DUBOIS, Blaise et Frédéric BERG) s'appuie sur la consultation de plus de 2000 études scientifiques. La liste complète des références est accessible ci-dessous.

1. Running USA, 2017 u.S. Road race trends. Available at: <https://www.runningusa.org/2017-us-road-race-trends>. Accessed April 13, 2018,
2. Statistics canada. Cycle 1.1 canadian community health survey: Data dictionary. 2000.
3. Pathologie de l'appareil locomoteur. Ann Phys Rehabil Med 2010; 53:e69-e81.
4. Statistics canada. Canadian community health survey: Data dictionary. 2012.
5. Canadian community health survey 2011-2012 data dictionary. Statistics Canada; 2012.
6. Canadian physical activity guidelines for adults - 18-64 years. Canadian Society for Exercise Physiology; 2013.
7. Statistiques canada. Échantillonnage non-probabiliste. Available at: <http://www.statcan.gc.ca/edu/power-pouvoir/ch13/nonprob/5214898-fra.htm>. Accessed August 7, 2016, 2013.
8. Abt. Running kinematics and shock absorption do not change after brief exhaustive running. 2011;
9. Abbasi A, Vieira RP and Northoff H Letter to the editor: the evidence of exercise-induced bronchoconstriction in endurance runners; genetic basis and gender differences. Exerc Immunol Rev 2015;21(186-8
10. Abe S, Narra N, Nikander R et al. Impact loading history modulates hip fracture load and location: A finite element simulation study of the proximal femur in female athletes. J Biomech 2018;76(136-143
11. Abitiboul Y, Leonard F, Mouly L et al. [Urinary incontinence in non-professional female marathon runners]. Prog Urol 2015;25(11):636-41
12. Ache-Dias J, Pupo JD, Dellagrana RA et al. Effect of Jump Interval Training on Kinematics of the Lower Limbs and Running Economy. J Strength Cond Res 2018;32(2):416-422
13. Acosta JA, Muddala R, Barbosa LC et al. Total Synthesis of the Antitumor Antibiotic Basidalin. J Org Chem 2016;81(15):6883-6
14. Adams WB, Adams WB. Treatment options in overuse injuries of the knee: Patellofemoral syndrome, iliotibial band syndrome, and degenerative meniscal tears. Curr Sports Med Rep 2004; 3(5):256-260.
15. Aderem J and QA Biomechanical risk factors associated with iliotibial band syndrome in runners: a systematic review. BMC Musculoskelet Disord 2015;16(356
16. Agel J, LaPrade RF. Assessment of differences between the modified Cincinnati and international knee documentation committee patient outcome scores: A prospective study. Am J Sports Med 2009; 37(11):2151-2157.
17. Agnew JW, Hammer SB, Roy AL et al. Central and peripheral pain sensitization during an ultra-marathon competition. Scand J Pain 2018;
18. Agresta C, Slobodinsky M and Tucker C Functional movement ScreenTM--normative values in healthy distance runners. Int J Sports Med 2014;35(14):1203-7
19. Agresta C and A Brown Gait Retraining for Injured and Healthy Runners Using Augmented Feedback: A Systematic Literature Review. J Orthop Sports Phys Ther 2015;45(8):576-84
20. Aguilar MB, Abian-Vicen J, Halstead J et al. Effectiveness of neuromuscular taping on pronated foot posture and walking plantar pressures in amateur runners. J Sci Med Sport 2016;19(4):348-53
21. Ahlhelm A and Alfuth M [The Influence of Foot Orthoses on Patellofemoral Pain Syndrome: A Systematic Analysis of the Literature]. Sportverletz Sportschaden 2015;29(2):107-17
22. Alba-Martin P, Gallego-Izquierdo T, Plaza-Manzano G et al. Effectiveness of therapeutic physical exercise in the treatment of patellofemoral pain syndrome. J Phys Ther Sci 2015; 27:2387-2390.
23. Albracht K and Arampatzis A Exercise-induced changes in triceps surae tendon stiffness and muscle strength affect running economy in humans. Eur J Appl Physiol 2013;113(6):1605-15
24. Alentorn-Geli E, Samuelsson K, Musahl V et al. The association of recreational and competitive running with hip and knee osteoarthritis: A systematic review and meta-analysis. J Orthop Sports Phys Ther 2017; 47(6):373-390.
25. Al-Hadithy N, Gikas P, Mahapatra AM et al. Review article: Plica syndrome of the knee. J Orthop Surg (Hong Kong) 2011;19(3):354-8
26. Al-Hakim. The non-operative treatment of anterior knee pain. 2012;
27. Ali A, Caine MP and Snow BG Graduated compression stockings: physiological and perceptual responses during and after exercise. J Sports Sci 2007;25(4):413-9
28. Ali A, Creasy RH and Edge JA The effect of graduated compression stockings on running performance. J Strength Cond Res 2011;25(5):1385-92
29. Chatzopoulos D, Galazoulas C, Patikas D et al. Acute effects of static and dynamic stretching on balance, agility, reaction time and movement time. J Sports Sci Med 2014;13(2):403-9
30. Allen DJ, Heister H, Mooney J et al. The effect of step rate manipulation on foot strike pattern of long distance runners. Int J Sports Phys Ther 2016; 11(1):54-63.
31. Alloway RG, Alloway TP, Magyari PM et al. An Exploratory Study Investigating the Effects of Barefoot Running on Working Memory. Percept Mot Skills 2016;122(2):432-43
32. Almeida MQ, Davis IS, Lopes AD. Biomechanical differences of foot strike patterns during running: A systematic review with meta-analysis. J Orthop Sports Phys Ther 2015; 45(10):738-755.
33. Almeida O, Khan K, Hankey G et al. 150 minutes of vigorous physical activity per week predicts survival and successful ageing: A population-based 11-year longitudinal study of 12 201 older Australian men. Br J Sports Med 2014; 48(3):220-225.
34. Almeida GP, Silva AP, Franca FJ et al. Relationship between frontal plane projection angle of the knee and hip and trunk strength in women with and without patellofemoral pain. J Back Musculoskelet Rehabil 2016;29(2):259-266
35. Almonroeder TG, Benson LC and O'Connor KM Changes in Patellofemoral Joint Stress during Running with the Application of a Prefabricated Foot Orthotic. Int J Sports Phys Ther 2015;10(7):967-75
36. Almonroeder TG, Benson LC, O'Connor KM. The effect of a prefabricated foot orthotic on frontal plane joint mechanics in healthy runners. J Appl Biomech 2015; 31(3):149-158.
37. Altman AR, Davis IS. A kinematic method for footstrike pattern detection in barefoot and shod runners. Gait Posture 2012; 35(2):298-300.
38. Altman AR and Davis IS Barefoot running: biomechanics and implications for running injuries. Curr Sports Med Rep 2012;11(5):244-50



39. Altman AR and IS Davis Prospective comparison of running injuries between shod and barefoot runners. *Br J Sports Med* 2016;50(8):476-80
40. Aminaka N, Gribble PA, Aminaka N et al. A systematic review of the effects of therapeutic taping on patellofemoral pain syndrome. *J Athl Train* 2005; 40(4):341-351.
41. An W, Rainbow MJ and Cheung RT Effects of Surface Inclination on the Vertical Loading Rates and Landing Pattern during the First Attempt of Barefoot Running in Habitual Shod Runners. *Biomed Res Int* 2015;2015(240153)
42. Anderson AF, Irrgang JJ, Kocher MS et al. The international knee documentation committee subjective knee evaluation form: Normative data. *Am J Sports Med* 2006; 34(1):128-135.
43. Andreassen J, Molgaard CM, Christensen M et al. Exercise therapy and custom-made insoles are effective in patients with excessive pronation and chronic foot pain—a randomized controlled trial. *Foot (Edinb)* 2013;23(1):22-8
44. Andrew G and Jonathan S Comparison of achilles tendon loading between male and female recreational runners. *J Hum Kinet* 2014;44(155-9
45. Apte A, Akalan NE, Kuchimov S et al. P 061 - Determination of biomechanical influences of increased femoral anteversion (twisted leg) on running for developing individual. *Gait Posture* 2018;
46. Arampatzis A, Karamanidis K, Stafilidis S et al. Effect of different ankle- and knee-joint positions on gastrocnemius medialis fascicle length and EMG activity during isometric plantar flexion. *J Biomech* 2006;39(10):1891-902
47. Areces F, Salinero JJ, Abian-Vicen J et al. The use of compression stockings during a marathon competition to reduce exercise-induced muscle damage: are they really useful? *J Orthop Sports Phys Ther* 2015;45(6):462-70
48. Arellano CJ and Kram R The metabolic cost of human running: is swinging the arms worth it? *J Exp Biol* 2014;217(Pt 14):2456-61
49. Arendt E. Hip-strengthening exercises before functional exercises reduced pain in women with patellofemoral pain syndrome. *J Bone Joint Surg Am* 2012; 94(10):940.
50. Arendse RE, Noakes TD, Azevedo LB et al. Reduced eccentric loading of the knee with the pose running method. *Med Sci Sports Exerc* 2004;36(2):272-7
51. Armitage P, Berry G, Matthews JNS. Statistical methods in medical research, 4th edition. Wiley-Blackwell, 2001.
52. Armstrong MR, Zaug JM, Grant CD et al. Ultrafast shock compression of an oxygen-balanced mixture of nitromethane and hydrogen peroxide. *J Phys Chem A* 2014;118(32):6148-53
53. Arroll B, Edwards A. Runner's knee: What is it and what helps? *Br J Gen Pract* 1999; 49:92-93.
54. Aspenberg P Is inflammation harmless to loaded tendons? *J Appl Physiol* (1985) 2007;102(1):3-4
55. Askling CM, Tengvar M, Tarassova O et al. Acute hamstring injuries in Swedish elite sprinters and jumpers: a prospective randomised controlled clinical trial comparing two rehabilitation protocols. *Br J Sports Med* 2014;48(7):532-9
56. Assumpcao Cde O, Lima LC, Oliveira FB et al. Exercise-induced muscle damage and running economy in humans. *ScientificWorldJournal* 2013;2013(189149
57. Aweid O, Del Buono A, Malliaras P et al. Systematic review and recommendations for intracompartmental pressure monitoring in diagnosing chronic exertional compartment syndrome of the leg. *Clin J Sport Med* 2012;22(4):356-70
58. Azevedo AP, Brandina K, Bianco R et al. Effects of replica running shoes upon external forces and muscle activity during running. *J Sports Sci* 2012;30(9):929-35
59. Azevedo AP, Mezencio B, Valvassori R et al. Usage of Running Drills in an Interval Training Program: Implications Related to Biomechanical Parameters of Running. *J Strength Cond Res* 2015;29(7):1796-802
60. Bade MB, Aaron K and McPoil TG Accuracy of Self-Reported Foot Strike Pattern in Intercollegiate and Recreational Runners during Shod Running. *Int J Sports Phys Ther* 2016;11(3):350-5
61. Bader DL, Salter DM, Chowdhury TT. Biomechanical influence of cartilage homeostasis in health and disease. *Arthritis* 2011; 2011:16 pages.
62. Baggaley M, Noehren B, Clasey JL et al. Frontal plane kinematics of the hip during running: Are they related to hip anatomy and strength? *Gait Posture* 2015;42(4):505-10
63. Baggaley M, Willy RW, Meardon SA. Primary and secondary effects of real-time feedback to reduce vertical loading rate during running. *Scand J Med Sci Sports* 2017; 27(5):501-507.
64. Bailey TG, Jones H, Gregson W et al. Effect of ischemic preconditioning on lactate accumulation and running performance. *Med Sci Sports Exerc* 2012;44(11):2084-9
65. Bailon R, Garatachea N, de la Iglesia I et al. Influence of running stride frequency in heart rate variability analysis during treadmill exercise testing. *IEEE Trans Biomed Eng* 2013;60(7):1796-805
66. Baker R. Globographic visualisation of three dimensional joint angles. *J Biomech* 2011; 44(10):1885-1891.
67. Baker RL and Fredericson M Iliotibial Band Syndrome in Runners: Biomechanical Implications and Exercise Interventions. *Phys Med Rehabil Clin N Am* 2016;27(1):53-77
68. Baker RL, Fredericson M. Iliotibial band syndrome in runners. *Phys Med Rehabil Clin N Am* 2016; 27:53-77.
69. Baker RL, Souza RB, Rau MJ et al. Differences in Knee and Hip Adduction and Hip Muscle Activation in Runners With and Without Iliotibial Band Syndrome. *PM R* 2018;
70. Balci SS Comparison of substrate oxidation during walking and running in normal-weight and overweight/obese men. *Obes Facts* 2012;5(3):327-38
71. Baldon Rde M, Serrao FV, Scattoni Silva R et al. Effects of functional stabilization training on pain, function, and lower extremity biomechanics in women with patellofemoral pain: a randomized clinical trial. *J Orthop Sports Phys Ther* 2014;44(4):240-A8
72. Ball KA and Afsheldt MJ Evolution of foot orthotics—part 1: coherent theory or coherent practice? *J Manipulative Physiol Ther* 2002;25(2):116-24
73. Ball KA and Afsheldt MJ Evolution of foot orthotics—part 2: research reshapes long-standing theory. *J Manipulative Physiol Ther* 2002;25(2):125-34
74. Balshaw TG, Bampouras TM, Barry TJ et al. The effect of acute taurine ingestion on 3-km running performance in trained middle-distance runners. *Amino Acids* 2013;44(2):555-61
75. Baquie P, Brukner P. Injuries presenting to an Australian sports medicine centre: A 12-month study. *Clin J Sport Med* 1997; 7:28-31.
76. Barrack MT, Ackerman KE and Gibbs JC Update on the female athlete triad. *Curr Rev Musculoskelet Med* 2013;6(2):195-204
77. Barrios JA. Dynamic versus radiographic alignment in relation to medial knee loading in symptomatic osteoarthritis. *J Appl Biomech* 2012; 28:551-559.
78. Barrios JA, Crossley KM, Davis IS. Gait retraining to reduce the knee adduction moment through real-time visual feedback of dynamic knee alignment. *J Biomech* 2010; 43(11):2208-2215.
79. Barrios JA, Heitkamp CA, Smith BP et al. Three-dimensional hip and knee kinematics during walking, running, and single-limb drop landing in females with and without genu valgum. *Clin Biomech* 2016; 31:7-11.
80. Barrios JA, Higgins JS, Royer TD et al. Static and dynamic correlates of the knee adduction moment in healthy knees ranging from normal to varus-aligned. *Clin Biomech* 2009; 24(10):850-854.



81. Barrios JA, Strotman DE. A sex comparison of ambulatory mechanics relevant to osteoarthritis in individuals with and without asymptomatic varus knee alignment. *J Appl Biomech* 2014; 30(5):632-636.
82. Barrios JA, Willson JD. Minimum detectable change in medial tibiofemoral contact force parameters: Derivation and application to a load-altering intervention. *J Appl Biomech* 2017;Epub ahead of print.
83. Barton C, Balachandrar V, Lack S et al. Patellar taping for patellofemoral pain: A systematic review and meta-analysis to evaluate clinical outcomes and biomechanical mechanisms. *Br J Sports Med* 2014; 48(6):417-424.
84. Barton C, Esculier JF. Letter to the editor-in-chief: No evidence exists to support manual therapy in physical therapy practice for patellofemoral pain. *J Orthop Sports Phys Ther* 2018;In press.
85. Barton CJ, Bonanno DR, Carr J et al. Running retraining to treat lower limb injuries: A mixed-methods study of current evidence synthesised with expert opinion. *Br J Sports Med* 2016; 50(9):513-526.
86. Barton CJ, Crossley KM. Sharing decision-making between patient and clinician: The next step in evidence-based practice for patellofemoral pain. *Br J Sports Med* 2016; 50(14):833-834.
87. Barton CJ, Lack S, Hemmings S et al. The 'best practice guide to conservative management of patellofemoral pain': Incorporating level I evidence with expert clinical reasoning. *Br J Sports Med* 2015; 49(14):923-934.
88. Barton CJ, Lack S, Malliaras P et al. Gluteal muscle activity and patellofemoral pain syndrome: A systematic review. *Br J Sports Med* 2013; 47(4):207-214.
89. Barton CJ, Levinger P, Crossley KM et al. The relationship between rearfoot, tibial and hip kinematics in individuals with patellofemoral pain syndrome. *Clin Biomech* 2012; 27(7):702-705.
90. Barton CJ, Levinger P, Menz HB et al. Kinematic gait characteristics associated with patellofemoral pain syndrome: A systematic review. *Gait Posture* 2009; 30(4):405-416.
91. Barton CJ, Menz HB, Crossley KM. Effects of prefabricated foot orthoses on pain and function in individuals with patellofemoral pain syndrome: A cohort study. *Phys Ther Sport* 2011; 12(2):70-75.
92. Barton CJ, Menz HB, Crossley KM. Clinical predictors of foot orthoses efficacy in individuals with patellofemoral pain. *Med Sci Sports Exerc* 2011; 43(9):1603-1610.
93. Barton CJ, Menz HB, Crossley KM. The immediate effects of foot orthoses on functional performance in individuals with patellofemoral pain syndrome. *Br J Sports Med* 2011; 45(3):193-197.
94. Barton CJ, Menz HB, Levinger P et al. Greater peak rearfoot eversion predicts foot orthoses efficacy in individuals with patellofemoral pain syndrome. *Br J Sports Med* 2011; 45(9):697-701.
95. Barton CJ, Munteanu SE, Menz HB et al. The efficacy of foot orthoses in the treatment of individuals with patellofemoral pain syndrome: A systematic review. *Sports Med* 2010; 40(5):377-395.
96. Barton CJ, Rathleff MS. 'Managing my patellofemoral pain' - the creation of an education leaflet for patients. *BMJ Open Sport Exerc Med* 2016; 2:e000086.
97. Barton CJ, Webster KE, Menz HB et al. Evaluation of the scope and quality of systematic reviews on nonpharmacological conservative treatment for patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2008; 38(9):529-541.
98. Bastos FN, Vanderlei LC, Nakamura FY et al. Effects of cold water immersion and active recovery on post-exercise heart rate variability. *Int J Sports Med* 2012;33(11):873-9
99. Balsalobre-Fernandez C, Marchante D, Munoz-Lopez M et al. Validity and reliability of a novel iPhone app for the measurement of barbell velocity and 1RM on the bench-press exercise. *J Sports Sci* 2018;36(1):64-70
100. Balsalobre-Fernandez C, Romero-Moraleda B, Cupeiro R et al. The effects of beetroot juice supplementation on exercise economy, rating of perceived exertion and running mechanics in elite distance runners: A double-blinded, randomized study. *PLoS One* 2018;13(7):e0200517
101. Balsalobre-Fernandez C, Santos-Concejo J and Grivas GV Effects of Strength Training on Running Economy in Highly Trained Runners: A Systematic Review With Meta-Analysis of Controlled Trials. *J Strength Cond Res* 2016;30(8):2361-8
102. Barnes RO, Schacter B, Kodeeswaran S et al. Funding sources for Canadian biorepositories: the role of user fees and strategies to help fill the gap. *Biopreserv Biobank* 2014;12(5):300-5
103. Barone R, Bellafiore M, Leonardi V et al. Structural analysis of rat patellar tendon in response to resistance and endurance training. *Scand J Med Sci Sports* 2009;19(6):782-9
104. Barwood MJ, Corbett J, Feeney J et al. Compression garments: no enhancement of high-intensity exercise in hot radiant conditions. *Int J Sports Physiol Perform* 2013;8(5):527-35
105. Bath D, Turner LA, Bosch AN et al. The effect of a second runner on pacing strategy and RPE during a running time trial. *Int J Sports Physiol Perform* 2012;7(1):26-32
106. Baumgarten B To run or not to run: a post-menisectomy qualitative risk analysis model for osteoarthritis when considering a return to recreational running. *J Man Manip Ther* 2007;15(1):E1-E15
107. Baxter JR, Novack TA, Van Wkerhoven H et al. Ankle joint mechanics and foot proportions differ between human sprinters and non-sprinters. *Proc Biol Sci* 2012;279(1735):2018-24
108. Bazett-Jones DM, Cobb SC, Huddleston WE et al. Effect of patellofemoral pain on strength and mechanics following an exhaustive run. *Med Sci Sports Exerc* 2013; 45(7):1331-1339.
109. Bazett-Jones DM, Cobb SC, Joshi MN et al. Normalizing hip muscle strength: Establishing body-size-independent measurements. *Arch Phys Med Rehabil* 2011; 92(1):76-82.
110. Beaudoin CM and Whatley Blum J Flexibility and running economy in female collegiate track athletes. *J Sports Med Phys Fitness* 2005;45(3):295-300
111. Beaton DE, Bombardier C, Guillemin F et al. Guidelines for the process of cross-cultural adaptation of self-report measures. *Spine* 2000; 25(24):3186-3191.
112. Beattie K, Carson BP, Lyons M et al. The Effect of Strength Training on Performance Indicators in Distance Runners. *J Strength Cond Res* 2017;31(1):9-23
113. Beck ON, Kipp S, Roby JM et al. Older Runners Retain Youthful Running Economy despite Biomechanical Differences. *Med Sci Sports Exerc* 2016;48(4):697-704
114. Becker J, Pisciotto E, James S et al. Center of pressure trajectory differences between shod and barefoot running. *Gait Posture* 2014;40(4):504-9
115. Beeson P Plantar fasciopathy: revisiting the risk factors. *Foot Ankle Surg* 2014;20(3):160-5
116. Behzadi C, Welsch GH, Laqrmani A et al. The immediate effect of long-distance running on t2 and t2- relaxation times of articular cartilage of the knee in young healthy adults at 3t. *Br J Radiol* 2016; 89(1064):20151075.
117. Beis. Drinking behaviors of elite male runners during marathon competition. 2012;
118. Bek N, Kinikli GI, Callaghan MJ et al. Foot biomechanics and initial effects of infrapatellar strap on gait parameters in patients with unilateral patellofemoral pain syndrome. *Foot (Edinburgh, Scotland)* 2011; 21(3):114-118.
119. Bek N, Kinikli GI, Callaghan MJ et al. Foot biomechanics and initial effects of infrapatellar strap on gait parameters in patients with unilateral patellofemoral pain syndrome. *Foot (Edinb)* 2011; 21(3):114-118.
120. Belli A, Kyrolainen H, Komi PV et al. Moment and power of lower limb joints in running. *Int J Sports Med* 2002; 23(2):136-141.
121. Bellar D and LW Judge Effect of training in minimalist footwear on oxygen consumption during walking and running. *Biol Sport* 2015;32(2):149-54



122. Benefer MD, Corfe BM, Russell JM et al. Water intake and post-exercise cognitive performance: an observational study of long-distance walkers and runners. *Eur J Nutr* 2013;52(2):617-24
123. Beneka AG, Malliou PC and Benekas G Water and land based rehabilitation for Achilles tendinopathy in an elite female runner. *Br J Sports Med* 2003;37(6):535-7
124. Bennell KL, Bowles KA, Wang Y et al. Higher dynamic medial knee load predicts greater cartilage loss over 12 months in medial knee osteoarthritis. *Ann Rheum Dis* 2011; 70(10):1770-1774.
125. Benson LC and O'Connor KM The Effect of Exertion on Joint Kinematics and Kinetics During Running Using a Waveform Analysis Approach. *J Appl Biomech* 2015;31(4):250-7
126. Bergstra SA, Kluitenberg B, Dekker R et al. Running with a minimalist shoe increases plantar pressure in the forefoot region of healthy female runners. *J Sci Med Sport* 2015;38(4):463-8
127. Berrones AJ, Kurti SP, Kilsdonk KM et al. Barefoot Running Reduces the Submaximal Oxygen Cost in Female Distance Runners. *J Strength Cond Res* 2016;30(8):2348-53
128. Berryman Reese N. Muscle and sensory testing, second edition. St. Louis, MO, Elsevier Saunders, 2005.
129. Bertelsen ML, Hansen M, Rasmussen S et al. How Do Novice Runners With Different Body Mass Index Commence a Self-Chosen Running Regime? *J Orthop Sports Phys Ther* 2018;1-23
130. Bertelsen ML, Jensen JF, Nielsen MH et al. Footstrike patterns among novice runners wearing a conventional, neutral running shoe. *Gait Posture* 2013; 38(2):354-356.
131. Bertram JE and Hasaneini SJ Neglected losses and key costs: tracking the energetics of walking and running. *J Exp Biol* 2013;216(Pt 6):933-8
132. Bertram JE, Prebeau-Menezes L and Szarko MJ Gait characteristics over the course of a race in recreational marathon competitors. *Res Q Exerc Sport* 2013;84(1):6-15
133. Bertuzzi R, Pasqua LA, Bueno S et al. Strength-training with whole-body vibration in long-distance runners: a randomized trial. *Int J Sports Med* 2013;34(10):917-23
134. Besier TF, Fredericson M, Gold GE et al. Knee muscle forces during walking and running in patellofemoral pain patients and pain-free controls. *J Biomech* 2009; 42(7):898-905.
135. Bezodis NE, Salo AJ, Trewartha G. Excessive fluctuations in knee joint moments during early stance in sprinting are caused by digital filtering procedures. *Gait Posture* 2013; 38(4):653-657.
136. Bhavre A, Baker E, Bhavre A et al. Prescribing quality patellofemoral rehabilitation before advocating operative care. *Orthop Clin North Am* 2008; 39(3):275-285.
137. Bieuzien F, Bleakley CM and Costello JT Contrast water therapy and exercise induced muscle damage: a systematic review and meta-analysis. *PLoS One* 2013;8(4):e62356
138. Bieuzien F, Brisswalter J, Easthope C et al. Effect of wearing compression stockings on recovery after mild exercise-induced muscle damage. *Int J Sports Physiol Perform* 2014;9(2):256-64
139. Bieuzien F, Bleakley CM and Costello JT Contrast water therapy and exercise induced muscle damage: a systematic review and meta-analysis. *PLoS One* 2013;8(4):e62356
140. Bigelow EM, Elvin NG, Elvin AA et al. Peak impact accelerations during track and treadmill running. *J Appl Biomech* 2013;29(5):639-44
141. Bigliassi M, Leon-Dominguez U, Buzzachera CF et al. How does music aid 5 km of running? *J Strength Cond Res* 2015;29(2):305-14
142. Bily W, Trimmel L, Modlin M et al. Training program and additional electric muscle stimulation for patellofemoral pain syndrome: A pilot study. *Archives of Physical Medicine & Rehabilitation* 2008; 89(7):1230-1236.
143. Bini RR and Hume PA Effects of workload and pedalling cadence on knee forces in competitive cyclists. *Sports Biomech* 2013;12(2):93-107
144. Binnie MJ, Dawson B, Arnot MA et al. Effect of sand versus grass training surfaces during an 8-week pre-season conditioning programme in team sport athletes. *J Sports Sci* 2014;32(11):1001-12
145. Binnie MJ, Dawson B, Pinnington H et al. Effect of training surface on acute physiological responses after interval training. *J Strength Cond Res* 2013;27(4):1047-56
146. Binkley. The lower extremity functional scale (lefs)- scale development, measurement properties, and clinical application. 1999;
147. Bishop M, P Folkowski, B Conrad et al. Athletic footwear, leg stiffness, and running kinematics. *J Athl Train* 2006;41(4):387-92
148. Bishop C, Hutchison L, Uden H et al. An exploration of the biomechanical effects of footwear and orthoses on joints proximal to the foot during running. *Journal of Science and Medicine in Sport* 2013;16(e6)
149. Bisseling RW, Hof AL. Handling of impact forces in inverse dynamics. *J Biomech* 2006; 39:2438-2444.
150. Bizzini M, Childs JD, Piva SR et al. Systematic review of the quality of randomized controlled trials for patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2003; 33(1):4-20.
151. Bizzini M, Gorelick M. Development of a german version of the knee outcome survey for daily activities. *Arch Orthop Trauma Surg* 2007; 127(9):781-789.
152. Blair S. Physical inactivity: The biggest public health problem of the 21st century. *Br J Sports Med* 2009; 43(1):1-2.
153. Bleakley CM and Davison GW What is the biochemical and physiological rationale for using cold-water immersion in sports recovery? A systematic review. *Br J Sports Med* 2010;44(3):179-87
154. Blond L, Hansen L. Patellofemoral pain syndrome in athletes: A 5.7-year retrospective follow-up study of 250 athletes. *Acta Orthop Belg* 1998; 64(4):393-400.
155. Bloomer BA and Durall CJ Does the Addition of Hip Strengthening to a Knee-Focused Exercise Program Improve Outcomes in Patients With Patellofemoral Pain Syndrome? *J Sport Rehabil* 2015;24(4):428-33
156. Boisnoir A, Decker L, Reine B et al. Validation of an integrated experimental set-up for kinetic and kinematic three-dimensional analyses in a training environment. *Sports Biomech* 2007; 6(2):215-223.
157. Boldt AR, Willson JD, Barrios JA et al. Effects of medially wedged foot orthoses on knee and hip joint running mechanics in females with and without patellofemoral pain syndrome. *J Appl Biomech* 2013; 29:68-77.
158. Bolgia LA, Earl-Boehm J, Emery C et al. Comparison of hip and knee strength in males with and without patellofemoral pain. *Phys Ther Sport* 2015;16(3):215-21
159. Bolgia LA. Comparison of hip and knee strength and neuromuscular activity in subjects with and without patellofemoral pain syndrome. 2011;
160. Bolgia LA. An update for the conservative management of patellofemoral pain syndrome- a systematic review of the literature from 2000 to 2010. 2011;
161. Bolgia LA, Boling MC. An update for the conservative management of patellofemoral pain syndrome: A systematic review of the literature from 2000 to 2010. *Int J Sports Phys Ther* 2011; 6(2):112-125.
162. Bolgia LA, Malone T. Exercise prescription and patellofemoral pain: Evidence for rehabilitation. *J Sport Rehabil* 2005; 14(1):72-88.
163. Bolgia LA, Malone TR, Umberger BR et al. Hip strength and hip and knee kinematics during stair descent in females with and without patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2008; 38(1):12-18.



164. Bolgia LA, Malone TR, Umberger BR et al. Reliability of electromyographic methods used for assessing hip and knee neuromuscular activity in females diagnosed with patellofemoral pain syndrome. *J Electromyogr Kinesiol* 2010; 20(1):142-147.
165. Bolgia LA, Malone TR, Umberger BR et al. Comparison of hip and knee strength and neuromuscular activity in subjects with and without patellofemoral pain syndrome. *Int J Sports Phys Ther* 2011; 6(4):285-296.
166. Bolgia LA, Uhl TL. Reliability of electromyographic normalization methods for evaluating the hip musculature. *J Electromyogr Kinesiol* 2007; 17(1):102-111.
167. Bolgia LA, Uhl TL, Bolgia LA et al. Electromyographic analysis of hip rehabilitation exercises in a group of healthy subjects. *J Orthop Sports Phys Ther* 2005; 35(8):487-494.
168. Boling M and Padua D Relationship between hip strength and trunk, hip, and knee kinematics during a jump-landing task in individuals with patellofemoral pain. *Int J Sports Phys Ther* 2013;8(5):661-9
169. Boling M, Padua D, Marshall S et al. Gender differences in the incidence and prevalence of patellofemoral pain syndrome. *Scand J Med Sci Sports* 2010; 20(5):725-730.
170. Boling MC, Bolgia LA, Mattacola CG et al. Outcomes of a weight-bearing rehabilitation program for patients diagnosed with patellofemoral pain syndrome. *Arch Phys Med Rehabil* 2006; 87(11):1428-1435.
171. Boling MC, Padua DA, Alexander Creighton R et al. Concentric and eccentric torque of the hip musculature in individuals with and without patellofemoral pain. *J Athl Train* 2009; 44(1):7-13.
172. Boling MC, Padua DA, Marshall SW et al. A prospective investigation of biomechanical risk factors for patellofemoral pain syndrome: The joint undertaking to monitor and prevent ad injury (jump-ad) cohort. *Am J Sports Med* 2009; 37(11):2108-2116.
173. Bombardier C, Hawker G, Mosher D. The impact of arthritis in canada: Today and over the next 30 years. *Arthritis Alliance of Canada* 2011;
174. Bonacci J. The relationship between measures of cycle intensity and running economy. 2012;
175. Bonacci J, Saunders P, Hicks A et al. Running in a minimalist and lightweight shoe is not the same as running barefoot: A biomechanical study. *Br J Sports Med* 2013; 47(6):387-392.
176. Bonacci J, Vicenzino B, Spratford W et al. Take your shoes off to reduce patellofemoral joint stress during running. *Br J Sports Med* 2014; 48(6):425-428.
177. Boockock M, McNair P, Cicuttini F et al. The short-term effects of running on the deformation of knee articular cartilage and its relationship to biomechanical loads at the knee. *Osteoarthritis Cartilage* 2009; 17(7):883-890.
178. Boren. Electromyographic analysis of gluteus medius and gluteus maximus during rehabilitation exercises. 2011;
179. Born DP, Sperlich B and Holmberg HC Bringing light into the dark: effects of compression clothing on performance and recovery. *Int J Sports Physiol Perform* 2013;8(1):4-18
180. Bouché. First metatarsophalangeal joint (mtpj) arthrodesis in the athlete- does the foot function. 2012;
181. Boucher JP, King MA, Lefebvre R et al. Quadriceps femoris muscle activity in patellofemoral pain syndrome. *Am. J. Sports Med.* 1992; 20(5):527-532.
182. Boudenot A, Achoui Z, Portier H. Does running strengthen bone? *Appl Physiol Nutr Metab* 2015; 40(12):1309-1312.
183. Bovenschen HJ, Booi MT and van der Vleuten CJ Graduated compression stockings for runners: friend, foe, or fake? *J Athl Train* 2013;48(2):226-32
184. Bowersock CD, Willy RW, DeVita P et al. Reduced step length reduces knee joint contact forces during running following anterior cruciate ligament reconstruction but does not alter inter-limb asymmetry. *Clin Biomech* 2017;Epub ahead of print.
185. Boyer ER and Derrick TR Select injury-related variables are affected by stride length and foot strike style during running. *Am J Sports Med* 2015;43(9):2310-7
186. Boyer KA, Freedman Silvernail J and Hamill J The role of running mileage on coordination patterns in running. *J Appl Biomech* 2014;30(5):649-54
187. Boyer KA, Nigg BM. Muscle activity in the leg is tuned in response to impact force characteristics. *J Biomech* 2004; 37:1583-1588.
188. Boyer ER, Rooney BD and Derrick TR Rearfoot and midfoot or forefoot impacts in habitually shod runners. *Med Sci Sports Exerc* 2014;46(7):1384-91
189. Bradbury M, Brosky JA, Walker JF et al. Relationship between scores from the knee outcome survey and a single assessment numerical rating in patients with patellofemoral pain. *Physiother Theory Pract* 2013;
190. Braun WA and Paulson S The effects of a downhill running bout on running economy. *Res Sports Med* 2012;20(3-4):274-85
191. Brauner T, Sterzing T, Wulf M et al. Effects of differently cushioned running shoes at left and right foot on running symmetry. *Journal of Foot and Ankle Research* 2014;7(Suppl 1):A8-A8
192. Bravo-Aguilar M, Gijon-Nogueron G, Luque-Suarez A et al. The Influence of Running on Foot Posture and In-Shoe Plantar Pressures. *J Am Podiatr Med Assoc* 2016;106(2):109-15
193. Brechter JH, Powers CM. Patellofemoral joint stress during stair ascent and descent in persons with and without patellofemoral pain. *Gait Posture* 2002; 16(2):115-123.
194. Bredeweg SW, Kluitenberg B, Bessem B et al. Differences in kinetic variables between injured and noninjured novice runners: A prospective cohort study. *J Sci Med Sport* 2013; 16(3):205-210.
195. Bredeweg SW, Zijlstra S, Bessem B et al. The effectiveness of a preconditioning programme on preventing running-related injuries in novice runners: a randomised controlled trial. *Br J Sports Med* 2012;46(12):865-70
196. Breine B, Malcolm P, Frederick EC et al. Relationship between running speed and initial foot contact patterns. *Med Sci Sports Exerc* 2014;46(8):1595-603
197. Breine B, Malcolm P, Van Caekenberghe I et al. Initial foot contact and related kinematics affect impact loading rate in running. *J Sports Sci* 2017;35(15):1556-1564
198. Brent Edwards W, Taylor D, Rudolph TJ et al. Effects of running speed on a probabilistic stress fracture model. *Clin Biomech* 2010; 25(4):372-377.
199. Breugem SJM, Hulscher JBF and Steller P Stress Fracture of the Femoral Neck in a Young Female Athlete. *European Journal of Trauma and Emergency Surgery* 2008;35(2):192
200. Brindle RA, Milner CE, Zhang S et al. Changing step width alters lower extremity biomechanics during running. *Gait Posture* 2014;39(1):124-8
201. Bringard A, Denis R, Belluye N et al. Effects of compression tights on calf muscle oxygenation and venous pooling during quiet resting in supine and standing positions. *J Sports Med Phys Fitness* 2006;46(4):548-54
202. Brody LT, Thein JM. Nonoperative treatment for patellofemoral pain. *J Orthop Sports Phys Ther* 1998; 28(5):336-344.
203. Brophy-Williams N, Driller MW, Kitic CM et al. Effect of Compression Socks Worn Between Repeated Maximal Running Bouts. *Int J Sports Physiol Perform* 2017;12(5):621-627
204. Brosseau L, Casimiro L, Robinson V et al. Therapeutic ultrasound for treating patellofemoral pain syndrome. *Cochrane Database Syst Rev* 2001; (4):CD003375.



205. Brown W The benefits of physical activity during pregnancy. *J Sci Med Sport* 2002;5(1):37-45
206. Brown N, White J, Brasher A et al. An investigation into breast support and sports bra use in female runners of the 2012 London Marathon. *J Sports Sci* 2014;32(9):801-9
207. Brown N, White J, Brasher A et al. The experience of breast pain (mastalgia) in female runners of the 2012 London Marathon and its effect on exercise behaviour. *Br J Sports Med* 2014;48(4):320-5
208. Brown AM, Zifchock RA and Hillstrom HJ The effects of limb dominance and fatigue on running biomechanics. *Gait Posture* 2014;39(3):915-9
209. Brughelli. Effects of running velocity on running kinetics and kinematics. 2011;
210. Brushoj C, Holmich P, Nielsen MB et al. Acute patellofemoral pain: Aggravating activities, clinical examination, mri and ultrasound findings. *Br J Sports Med* 2008; 42(1):64-67; discussion 67.
211. Brund RBK, Rasmussen S, Nielsen RO et al. Medial shoe-ground pressure and specific running injuries: A 1-year prospective cohort study. *J Sci Med Sport* 2017;20(9):830-834
212. Brund RBK, Rasmussen S, Nielsen RO et al. The association between eccentric hip abduction strength and hip and knee angular movements in recreational male runners: An explorative study. *Scand J Med Sci Sports* 2018;28(2):473-478
213. Buckwalter JA, Martin JA. Sports and osteoarthritis. *Curr Opin Rheumatol* 2004; 16(5):634-639.
214. Buist I, Bredeweg SW, Lemmink KA et al. The GRONORUN study: is a graded training program for novice runners effective in preventing running related injuries? Design of a Randomized Controlled Trial. *BMC Musculoskelet Disord* 2007;8(24)
215. Buldt AK, Levinger P, Murley GS et al. Foot posture is associated with kinematics of the foot during gait: A comparison of normal, planus and cavus feet. *Gait Posture* 2015;42(1):42-8
216. Burns J, Crosbie J, Ouvrier R et al. Effective orthotic therapy for the painful cavus foot: a randomized controlled trial. *J Am Podiatr Med Assoc* 2006;96(3):205-11
217. Burnham JM, Yonz MC, Robertson KE et al. Relationship of hip and trunk muscle function with single leg step-down performance. *Phys Ther Sport* 2016; 22:66-73.
218. Burke JR and Papuga MO Effects of foot orthotics on running economy: methodological considerations. *J Manipulative Physiol Ther* 2012;35(4):327-36
219. Burke LM, Millet G and Tamopolsky MA Nutrition for distance events. *J Sports Sci* 2007;25 Suppl 1(S29-38)
220. Burke LM, Ross ML, Garvican-Lewis LA et al. Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. *J Physiol* 2017;595(9):2785-2807
221. Burtcher M, Gatterer H, Philippe M et al. Effects of a single low-dose acetaminophen on body temperature and running performance in the heat: a pilot project. *Int J Physiol Pathophysiol Pharmacol* 2013;5(3):190-3
222. Butler RJ. Interaction of arch type and footwear on running mechanics. 2006;
223. Butler RJ. Frontal-plane gait mechanics in people with medial knee osteoarthritis are different from those in people with lateral knee osteoarthritis. 2011;
224. Butler RJ, Davis IS, Hamill J et al. Interaction of arch type and footwear on running mechanics. *Am J Sports Med* 2006; 34(12):1998-2005.
225. Cacchio A, De Blasis E, Necozione S et al. The italian version of the lower extremity functional scale was reliable, valid, and responsive. *J Clin Epidemiol* 2010; 63(5):550-557.
226. Caldwell LK, Laubach LL, Barrios JA. Effect of specific gait modifications on medial knee loading, metabolic cost and perception of task difficulty. *Clin Biomech (Bristol, Avon)* 2013; 28(6):649-654.
227. Callaghan MJ. Patellar taping for patellofemoral pain syndrome in adults. 2012;
228. Callaghan MJ. Exercise is effective for patellofemoral pain, but what type, who benefits most and by how much remain unknown. *Br J Sports Med* 2018; 52(10):625-626.
229. Campitelli NA, Bernhard KN, Kidon A et al. WITHDRAWN: Effect of Vibram FiveFingers Minimalist Shoes on the Abductor Hallucis Muscle. *J Am Podiatr Med Assoc* 2015;
230. Cappellini G, Ivanenko YP, Poppele RE et al. Motor patterns in human walking and running. *J Neurophysiol* 2006; 95(6):3426-3437.
231. Carnes AJ, Petersen JL and Barkley JE Effect of Peer Influence on Exercise Behavior and Enjoyment in Recreational Runners. *J Strength Cond Res* 2016;30(2):497-503
232. Carrier. Locomotion of the hindlimbs after neurectomy of ankle flexors in intact and spinal cats: Model for the study of locomotor plasticity. 1997;
233. Caspersen CJ, Powell KE, Koplan JP et al. The incidence of injuries and hazards in recreational and fitness runners. *Med Sci Sports Exerc* 1984; 16:113-114.
234. Cauthon DJ, P Langer and TC Coniglione Minimalist shoe injuries: three case reports. *Foot (Edinb)* 2013;23(2-3):100-3
235. Cavanagh PR, Kram R. Stride length in distance running: Velocity, body dimensions, and added mass effects. *Med Sci Sports Exerc* 1989; 21(4):467-479.
236. Cavanagh PR, Lafortune MA. Ground reaction forces in distance running. *J Biomech* 1980; 13:397-406.
237. Cavanagh PR, Williams KR. The effect of stride length variation on oxygen uptake during distance running. *Med Sci Sports Exerc* 1982; 14(1):30-35.
238. Cavazzuti L, Merlo A, Orlandi F et al. Delayed onset of electromyographic activity of vastus medialis obliquus relative to vastus lateralis in subjects with patellofemoral pain syndrome. *Gait Posture* 2010; 32:290-295.
239. Celik O, Satici Y, Ak E et al. Serum cartilage oligomeric matrix protein accumulation decreases significantly after 12 weeks of running but not swimming and cycling training - a randomised controlled trial. *Knee* 2013;20(1):19-25
240. Cha JG, Lee JC, Kim HJ et al. Comparison of MRI T2 relaxation changes of knee articular cartilage before and after running between young and old amateur athletes. *Korean J Radiol* 2012;13(5):594-601
241. Chakravarty EF, Hubert HB, Lingala VB et al. Long distance running and knee osteoarthritis. A prospective study. *Am J Prev Med* 2008; 35(2):133-138.
242. Chambon N, Delattre N, Berton N et al. The effect of shoe drop on running pattern. *Comput Methods Biomech Biomed Engin* 2013; 16(S1):97-98.
243. Chambon N, Delattre N, Guéguen N et al. Is midsole thickness a key parameter for the running pattern? *Gait Posture* 2014; 40(1):58-63.
244. Chambon N, Delattre N, Gueguen N et al. Shoe drop has opposite influence on running pattern when running overground or on a treadmill. *Eur J Appl Physiol* 2015;115(5):911-8
245. Chambon N, Sevriz V, Ly QH et al. Aging of running shoes and its effect on mechanical and biomechanical variables: implications for runners. *J Sports Sci* 2014;32(11):1013-22



246. Chan MS, Huang SL, Shih Y et al. Shear cushions reduce the impact loading rate during walking and running. *Sports Biomech* 2013;12(4):334-42
247. Chan ZYS, Zhang JH, Au IPH et al. Gait retraining for the reduction of injury occurrence in novice distance runners: 1-year follow-up of a randomized controlled trial. *Am J Sports Med* 2018; 46(2):388-395.
248. Chang WD, Chen FC, Lee CL et al. Effects of Kinesio Taping versus McConnell Taping for Patellofemoral Pain Syndrome: A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med* 2015;2015(471208
249. Chang WL, Shih YF and Chen WY Running injuries and associated factors in participants of ING Taipei Marathon. *Phys Ther Sport* 2012;13(3):170-4
250. Chapman RF, Laymon AS, Wihite DP et al. Ground contact time as an indicator of metabolic cost in elite distance runners. *Med Sci Sports Exerc* 2012;44(5):917-25
251. Chatzopoulos D, Galazoulas C, Patikas D et al. Acute effects of static and dynamic stretching on balance, agility, reaction time and movement time. *J Sports Sci Med* 2014;13(2):403-9
252. Chehab EF, Favre J, Erhart-Hledik JC et al. Baseline knee adduction and flexion moments during walking are both associated with 5 year cartilage changes in patients with medial knee osteoarthritis. *Osteoarthritis Cartilage* 2014; 22(11):1833-1839.
253. Chen HY, Chen CC, Wu SK et al. Electromechanical delay of the vastus medialis obliquus and vastus lateralis in individuals with patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2012; 42(9):791-796.
254. Chen CC, Hong WH, Wang CM et al. Kinematic features of rear-foot motion using anterior and posterior ankle-foot orthoses in stroke patients with hemiplegic gait. *Arch Phys Med Rehabil* 2010;91(12):1862-8
255. Chen TL, Sze LK, Davis IS et al. Effects of training in minimalist shoes on the intrinsic and extrinsic foot muscle volume. *Clin Biomech (Bristol, Avon)* 2016;36(8-13
256. Chen YT, Tenforde AS and Fredericson M Update on stress fractures in female athletes: epidemiology, treatment, and prevention. *Curr Rev Musculoskelet Med* 2013;6(2):173-81
257. Chesworth BM, Culham E, Tata GE et al. Validation of outcome measures in patients with patellofemoral syndrome. *J Orthop Sports Phys Ther* 1989; 10(8):302-308.
258. Cheng CF, Cheng KH, Lee YM et al. Improvement in running economy after 8 weeks of whole-body vibration training. *J Strength Cond Res* 2012;26(12):3349-57
259. Cheung RT and Rainbow MJ Landing pattern and vertical loading rates during first attempt of barefoot running in habitual shod runners. *Hum Mov Sci* 2014;34(120-7
260. Cheung RT, Davis IS. Landing pattern modification to improve patellofemoral pain in runners: A case series. *J Orthop Sports Phys Ther* 2011; 41(12):914-919.
261. Cheung RT, Ng GY, Chen BF et al. Association of footwear with patellofemoral pain syndrome in runners. *Sports Med* 2006; 36(3):199-205.
262. Cheung RT and Ngai SP Effects of footwear on running economy in distance runners: A meta-analytical review. *J Sci Med Sport* 2016;19(3):260-266
263. Cheung RT, Ngai SP, Lam PL et al. Chinese adaptation and validation of the patellofemoral pain severity scale. *Clin Rehabil* 2013; 27(5):468-472.
264. Cheung RT, Sze LK, Mok NW et al. Intrinsic foot muscle volume in experienced runners with and without chronic plantar fasciitis. *J Sci Med Sport* 2016;19(9):713-5
265. Cheung RT, Wong RY, Chung TK et al. Relationship between foot strike pattern, running speed, and footwear condition in recreational distance runners. *Sports Biomech* 2016 Sep 4: Epub ahead of print.
266. Cheung RTH. Patellofemoral pain during step descents with and without fatigue-induced hip internal rotation. *Hong Kong Physiother J* 2012; 30(1):13-17.
267. Cheung RTH, Wong MYM, Ng GYF. Effects of motion control footwear on running: A systematic review. *J Sport Sci* 2011; 29(12):1311-1319.
268. Chiu JK, Wong YM, Yung PS et al. The effects of quadriceps strengthening on pain, function, and patellofemoral joint contact area in persons with patellofemoral pain. *Am J Phys Med Rehabil* 2012; 91(2):98-106.
269. Christina. Effect of localized muscle fatigue on vertical ground reaction forces and ankle joint motion during running. 2001;
270. Chu SK and Rho ME Hamstring Injuries in the Athlete: Diagnosis, Treatment, and Return to Play. *Curr Sports Med Rep* 2016;15(3):184-90
271. Chumanov ES, Wille CM, Michalski MP et al. Changes in muscle activation patterns when running step rate is increased. *Gait Posture* 2012; 36(2):231-235.
272. Chuter VH and Janse de Jonge XA Proximal and distal contributions to lower extremity injury: a review of the literature. *Gait Posture* 2012;36(1):7-15
273. Cichanowski HR, Schmitt JS, Johnson RJ et al. Hip strength in collegiate female athletes with patellofemoral pain. *Med Sci Sports Exerc* 2007; 39(8):1227-1232.
274. Clansley AC, Hanlon M, Wallace ES et al. Effects of fatigue on running mechanics associated with tibial stress fracture risk. *Med Sci Sports Exerc* 2012;44(10):1917-23
275. Clansley AC, Hanlon M, Wallace ES et al. Influence of tibial shock feedback training on impact loading and running economy. *Med Sci Sports Exerc* 2014;46(5):973-81
276. Clark BC, Cook SB, Ploutz-Snyder LL et al. Reliability of techniques to assess human neuromuscular function in vivo. *Journal of Electromyography & Kinesiology* 2007; 17(1):90-101.
277. Clarke PE and Gross H Women's behaviour, beliefs and information sources about physical exercise in pregnancy. *Midwifery* 2004;20(2):133-41
278. Claudon B, Poussel M, Billon-Grumillier C et al. Knee kinetic pattern during gait and anterior knee pain before and after rehabilitation in patients with patellofemoral pain syndrome. *Gait Posture* 2012; 36(1):139-143.
279. Clijisen R, Fuchs J, Taeymans J. Effectiveness of exercise therapy in treatment of patients with patellofemoral pain syndrome: Systematic review and meta-analysis. *Phys Ther* 2014; 94:1697-1708.
280. Cohler MH and Casey E A Survey of Runners' Attitudes Toward and Experiences With Minimally Shod Running. *PM R* 2015;7(8):831-5
281. Cole GK, Nigg BM, Ronsky JL et al. Application of the joint coordinate system to three-dimensional joint attitude and movement representation: A standardization proposal. *J Biomech Eng* 1993; 115(4A):344-349.
282. Collins N, Bisset L, McPoil T et al. Foot orthoses in lower limb overuse conditions: a systematic review and meta-analysis. *Foot Ankle Int* 2007;28(3):396-412
283. Collins N, Crossley K, Beller E et al. Foot orthoses and physiotherapy in the treatment of patellofemoral pain syndrome: Randomised clinical trial. *Br J Sports Med* 2009; 43(3):163-168.
284. Collins NJ. Prognostic factors for patellofemoral pain- a multicentre observational analysis. 2012;
285. Collins NJ. Efficacy of nonsurgical interventions for anterior knee pain- systematic review and meta-analysis of randomized trials. 2012;
286. Collins NJ, Barton CJ, van Middelkoop M et al. 2018 consensus statement on exercise therapy and physical interventions (orthoses, taping and manual therapy) to treat patellofemoral pain: Recommendations from the 5th international patellofemoral pain research retreat, gold coast, australia, 2017. *Br J Sports Med* 2018:Epub ahead of print 2018 Jun 2020.



287. Collins NJ, Crossley KM, Darnell R et al. Predictors of short and long term outcome in patellofemoral pain syndrome: A prospective longitudinal study. *BMC Musculoskelet Disord* 2010; 11:11.
288. Collins NJ, Hinman RS, Menz HB et al. Immediate effects of foot orthoses on pain during functional tasks in people with patellofemoral osteoarthritis: A cross-over, proof-of-concept study. *Knee* 2017;24(1):76-81
289. Collins NJ, Misra D, Felson DT et al. Measures of knee function: International knee documentation committee (ikdc) subjective knee evaluation form, knee injury and osteoarthritis outcome score (koos), knee injury and osteoarthritis outcome score physical function short form (koos-ps), knee outcome survey activities of daily living scale (kos-adl), lysholm knee scoring scale, oxford knee score (oks), western ontario and mcmaster universities osteoarthritis index (womac), activity rating scale (ars), and tegner activity score (tas). *Arthritis Care Res (Hoboken)* 2011; 63 Suppl 11:S208-228.
290. Collins NJ, Prinsen CA, Christensen R et al. Knee injury and osteoarthritis outcome score (koos): Systematic review and meta-analysis of measurement properties. *Osteoarthritis Cartilage* 2016; 24(8):1317-1329.
291. Comins J, Brodersen J, Krogsgaard M et al. Rasch analysis of the knee injury and osteoarthritis outcome score (koos): A statistical re-evaluation. *Scand J Med Sci Sports* 2008; 18(3):336-345.
292. Cona G, Cavazzana A, Paoli A et al. It's a Matter of Mind! Cognitive Functioning Predicts the Athletic Performance in Ultra-Marathon Runners. *PLoS One* 2015;10(7):e0132943
293. Conchie H, Clark D, Metcalfe A et al. Adolescent knee pain and patellar dislocations are associated with patellofemoral osteoarthritis in adulthood: A case control study. *Knee* 2016;23(4):708-11
294. Connick MJ, Li FX. Changes in timing of muscle contractions and running economy with altered stride pattern during running. *Gait Posture* 2014; 39(1):634-637.
295. Conoboy P and Dyson R Effect of aging on the stride pattern of veteran marathon runners. *Br J Sports Med* 2006;40(7):601-4; discussion 604
296. Cook C, Hegedus E, Hawkins R et al. Diagnostic accuracy and association to disability of clinical test findings associated with patellofemoral pain syndrome. *Physiother Can* 2010; 62(1):17-24.
297. Cook C, Mabry L, Reiman MP et al. Best tests/clinical findings for screening and diagnosis of patellofemoral pain syndrome: A systematic review. *Physiotherapy* 2012; 98(2):93-100.
298. Cooper DM, Leissing SK and Kernozek TW Plantar loading and foot-strike pattern changes with speed during barefoot running in those with a natural rearfoot strike pattern while shod. *Foot (Edinb)* 2015;25(2):89-96
299. Copaver K, Hertogh C and Hue O The effects of psoas major and lumbar lordosis on hip flexion and sprint performance. *Res Q Exerc Sport* 2012;83(2):160-7
300. Coppack RJ, Etherington J, Wills AK. The effects of exercise for the prevention of overuse anterior knee pain: A randomized controlled trial. *Am J Sports Med* 2011; 39(5):940-948.
301. Coqueiro KR, Bevilacqua-Grossi D, Berzin F et al. Analysis on the activation of the vmo and vll muscles during semisquat exercises with and without hip adduction in individuals with patellofemoral pain syndrome. *Journal of Electromyography & Kinesiology* 2005; 15(6):596-603.
302. Corrarino JE Stress fractures in runners. *Nurse Pract* 2012;37(6):18-28
303. Costantino C, Vulpiani MC, Romiti D et al. Cryoultrasound therapy in the treatment of chronic plantar fasciitis with heel spurs. A randomized controlled clinical study. *Eur J Phys Rehabil Med* 2014;50(1):39-47
304. Costello JT, Baker PR, Minett GM et al. Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. *Cochrane Database Syst Rev* 2015;9:CD010789
305. Couture JF, Al-Juhani W, Forsythe ME et al. Joint line fullness and meniscal pathology. *Sports Health* 2012; 4(1):47-50.
306. Cowan SM, Bennell KL, Hodges PW et al. Delayed onset of electromyographic activity of vastus medialis obliquus relative to vastus lateralis in subjects with patellofemoral pain syndrome. *Arch Phys Med Rehabil* 2001; 82:183-189.
307. Cowan SM, Crossley KM. Does gender influence neuromotor control of the knee and hip? *J Electromyogr Kinesiol* 2009; 19(2):276-282.
308. Cowan SM, Crossley KM, Bennell KL. Altered hip and trunk muscle function in individuals with patellofemoral pain. *Br J Sports Med* 2009; 43(8):584-588.
309. Cowley E and Marsden J The effects of prolonged running on foot posture: a repeated measures study of half marathon runners using the foot posture index and navicular height. *J Foot Ankle Res* 2013;6(20)
310. Craft LL, Perna FM. The benefits of exercise for the clinically depressed. *Prim Care Companion J Clin Psychiatry* 2004; 6(3):104-111.
311. Craighead DH, Lehecka N and King DL A novel running mechanic's class changes kinematics but not running economy. *J Strength Cond Res* 2014;28(1):3137-45
312. Creaby MW. It's not all about the knee adduction moment: The role of the knee flexion moment in medial knee joint loading. *Osteoarthritis Cartilage* 2015; 23(7):1038-1040.
313. Creaby MW, Franettovich Smith MM. Retraining running gait to reduce tibial loads with clinician or accelerometry guided feedback. *J Sci Med Sport* 2016; 19(4):288-292.
314. Christensen B, Dandanell S, Kjaer M et al. Effect of anti-inflammatory medication on the running-induced rise in patella tendon collagen synthesis in humans. *J Appl Physiol (1985)* 2011;110(1):137-41
315. Cronin NJ and Finni T Treadmill versus overground and barefoot versus shod comparisons of triceps surae fascicle behaviour in human walking and running. *Gait Posture* 2013;38(3):528-33
316. Crossley KM Is patellofemoral osteoarthritis a common sequela of patellofemoral pain? *Br J Sports Med* 2014;48(6):409-10
317. Crossley K, Bennell K, Green S et al. Physical therapy for patellofemoral pain: A randomized, double-blinded, placebo-controlled trial. *Am J Sports Med* 2002; 30(6):857-865.
318. Crossley K, Bennell K, Green S et al. A systematic review of physical interventions for patellofemoral pain syndrome. *Clin J Sport Med* 2001; 11(2):103-110.
319. Crossley KM, Bennell KL, Cowan SM et al. Analysis of outcome measures for persons with patellofemoral pain: Which are reliable and valid? *Arch Phys Med Rehabil* 2004; 85(5):815-822.
320. Crossley KM, Dorn TW, Ozturk H et al. Altered hip muscle forces during gait in people with patellofemoral osteoarthritis. *Osteoarthritis Cartilage* 2012; 20(11):1243-1249.
321. Crossley KM, Lentzos J, Vicenzino B et al. Prevalence of radiographic patellofemoral and tibiofemoral osteoarthritis in individuals with chronic anterior knee pain: Data from a randomised clinical trial. *Osteoarthritis Cartilage* 2012; 20:S266-S267.
322. Crossley KM, Lentzos J, Vicenzino B et al. Prevalence of radiographic patellofemoral and tibiofemoral osteoarthritis in individuals with chronic anterior knee pain: Data from a randomised clinical trial. *Osteoarthritis Cartilage* 2012; 20:S54-S296.
323. Crossley KM, Stefanik JJ, Selfe J et al. 2016 patellofemoral pain consensus statement from the 4th international patellofemoral pain research retreat, manchester. Part 1 terminology, definitions, clinical examination, natural history. *Br J Sports Med* 2016; 50(14):839-843.
324. Crossley KM, van Middelkoop M, Callaghan MJ et al. 2016 patellofemoral pain consensus statement from the 4th international patellofemoral pain research retreat, manchester. Part 2: Recommended physical interventions (exercise, taping, bracing, foot orthoses and combined interventions). *Br J Sports Med* 2016; 50(14):844-852.



325. Crossley KM, Vicenzino B, Lentzos J et al. Exercise, education, manual-therapy and taping compared to education for patellofemoral osteoarthritis: a blinded, randomised clinical trial. *Osteoarthritis Cartilage* 2015;23(9):1457-64
326. Crowell HP, Davis IS. Gait retraining to reduce lower extremity loading in runners. *Clin Biomech* 2011; 26(1):78-83.
327. Crowell HP, Milner CE, Hamill J et al. Reducing impact loading during running with the use of real-time visual feedback. *J Orthop Sports Phys Ther* 2010; 40(4):206-213.
328. Crystal NJ, Townson DH, Cook SB et al. Effect of cryotherapy on muscle recovery and inflammation following a bout of damaging exercise. *Eur J Appl Physiol* 2013;113(10):2577-86
329. Culvenor AG, Cook JL, Collins NJ et al. Is patellofemoral joint osteoarthritis an under-recognised outcome of anterior cruciate ligament reconstruction? A narrative literature review. *Br J Sports Med* 2013; 47(2):66-70.
330. Cunningham TJ, Mullineaux DR, Noehren B et al. Coupling angle variability in healthy and patellofemoral pain runners. *Clin Biomech (Bristol, Avon)* 2014; 29(3):317-322
331. Cymet TC and Sinkov V Does long-distance running cause osteoarthritis? *J Am Osteopath Assoc* 2006;106(6):342-5
332. Da Silva E, Pinto RS, Cadore EL et al. Nonsteroidal anti-inflammatory drug use and endurance during running in male long-distance runners. *J Athl Train* 2015;50(3):295-302
333. Dallam GM, Wilber RL, Jadelis K et al. Effect of a global alteration of running technique on kinematics and economy. *J Sports Sci* 2005;23(7):757-64
334. Damasceno MV, Duarte M, Pasqua LA et al. Static stretching alters neuromuscular function and pacing strategy, but not performance during a 3-km running time-trial. *PLoS One* 2014;9(6):e99238
335. Damsted C, Larsen LH, Nielsen RO. Reliability of video-based identification of footstrike pattern and video time frame at initial contact in recreational runners. *Gait Posture* 2015; 42(1):32-35.
336. Daoud AI, Geissler GJ, Wang F et al. Foot strike and injury rates in endurance runners: A retrospective study. *Med Sci Sports Exerc* 2012; 44(7):1325-1334.
337. Dascombe BJ, Hoare TK, Sear JA et al. The effects of wearing undersized lower-body compression garments on endurance running performance. *Int J Sports Physiol Perform* 2011;6(2):160-73
338. Daviaux Y, Hintzy F, Samozino P et al. Effect of using poles on foot-ground kinetics during stance phase in trail running. *Eur J Sport Sci* 2013;13(5):468-74
339. Davis I. Interrater and intrarater reliability of the active hip abduction test. 2011;
340. Davis I. Optimising the efficacy of gait retraining. *Br J Sports Med* 2018; 52(10):624-625.
341. Davis IS. The re-emergence of the minimal running shoe. *J Orthop Sports Phys Ther* 2014; 44(10):775-784.
342. Davis IS, Bowser BJ and Mullineaux DR Greater vertical impact loading in female runners with medically diagnosed injuries: a prospective investigation. *Br J Sports Med* 2016;50(14):887-92
343. Davis IS, Bowser BJ, Hamill J. Vertical impact loading in runners with a history of patellofemoral pain syndrome. *Med Sci Sports Exerc* 2010; 42:682.
344. Davis IS, Powers CM. Patellofemoral pain syndrome: Proximal, distal, and local factors, an international retreat, april 30-may 2, 2009, fells point, baltimore, md. *J Orthop Sports Phys Ther* 2010; 40(3):A1-16.
345. Davis Hammonds AL, Laudner KG, McCaw S et al. Acute lower extremity running kinematics after a hamstring stretch. *J Athl Train* 2012;47(1):5-14
346. de Aguiar RA, Turnes T, de Oliveira Cruz RS et al. VO2 responses to running speeds above intermittent critical speed. *Int J Sports Med* 2012;33(11):892-7
347. de Almeida MO, Saragiotto BT, Yamato TP et al. Is the rearfoot pattern the most frequently foot strike pattern among recreational shod distance runners? *Phys Ther Sport* 2015;16(1):29-33
348. de Brito Fontana H, Hauptenthal A, Ruschel C et al. Effect of gender, cadence, and water immersion on ground reaction forces during stationary running. *J Orthop Sports Phys Ther* 2012;42(5):437-43
349. de Freitas MC, Cholewa JM, Gobbo LA et al. Acute Capsaicin Supplementation Improves 1,500-m Running Time-Trial Performance and Rate of Perceived Exertion in Physically Active Adults. *J Strength Cond Res* 2018;32(2):572-577
350. de Moura Campos Carvalho ESAP, Magalhaes E, Bryk FF et al. Comparison of isometric ankle strength between females with and without patellofemoral pain syndrome. *Int J Sports Phys Ther* 2014;9(5):628-34
351. de Oliveira Silva D, Magalhaes FH, Faria NC et al. Lower Amplitude of the Hoffmann Reflex in Women With Patellofemoral Pain: Thinking Beyond Proximal, Local, and Distal Factors. *Arch Phys Med Rehabil* 2016;97(7):1115-20
352. de Paula Viveiros J, Amorim FT, Alves MN et al. Run performance of middle-aged and young adult runners in the heat. *Int J Sports Med* 2012;33(3):211-7
353. de Ruiter CJ, Verdijk PW, Werker W et al. Stride frequency in relation to oxygen consumption in experienced and novice runners. *Eur J Sport Sci* 2014;14(3):251-8
354. Décary S, Ouellet P, Vendittoli PA et al. Reliability of physical examination tests for the diagnosis of knee disorders: Evidence from a systematic review. *Man Ther* 2016; 26:172-182.
355. Décary S, Ouellet P, Vendittoli PA et al. Diagnostic validity of physical examination tests for common knee disorders: An overview of systematic reviews and meta-analysis. *Phys Ther Sport* 2017; 23:143-155.
356. Degache F, Morin JB, Oehen L et al. Running Mechanics During the World's Most Challenging Mountain Ultramarathon. *Int J Sports Physiol Perform* 2016;11(5):608-14
357. Del Coso J, Fernandez de Velasco D, Abian-Vicen J et al. Running pace decrease during a marathon is positively related to blood markers of muscle damage. *PLoS One* 2013;8(2):e57602
358. Delattre N, Chambon N, E Berton et al. Effect of time during a running session with minimal footwear. *Comput Methods Biomech Biomed Engin* 2013;16 Suppl 1(104-5
359. Delgado TL, Kubera-Shelton E, Robb RR et al. Effects of foot strike on low back posture, shock attenuation, and comfort in running. *Med Sci Sports Exerc* 2013; 45(3):490-496.
360. Dellagrana RA, Guglielmo LG, Santos BV et al. Physiological, anthropometric, strength, and muscle power characteristics correlates with running performance in young runners. *J Strength Cond Res* 2015;29(6):1584-91
361. Dempster WT, Gabel WC, Felts WJL. The anthropometry of the manual work space for the seated subject. *Am J Phys Anthropol* 1959; 17:289-317.
362. Denton M, Ackland D, Pandy MG et al. People with patellofemoral osteoarthritis have smaller hip muscle volumes than healthy controls. *Osteoarthritis Cartilage* 2012; 20:S265-S266.
363. Derrick TR, Dereu D, McLean SP et al. Impacts and kinematic adjustments during an exhaustive run. *Med Sci Sports Exerc* 2002; 34(6):998-1002.
364. Derrick TR, Derrick TR. The effects of knee contact angle on impact forces and accelerations. *Med Sci Sports Exerc* 2004; 36(5):832-837.
365. Derrick TR, Mercer JA, Derrick TR et al. Ground/foot impacts: Measurement, attenuation, and consequences. *Med Sci Sports Exerc* 2004; 36(5):830-831.
366. Devereaux MD, Lachmann SM. Patello-femoral arthralgia in athletes attending a sports injury clinic. *Br J Sports Med* 1984; 18(1):18-21.
367. DeVita P. The selection of a standard convention for analyzing gait data based on the analysis of relevant biomechanical factors. 1993;



368. DeVita P, Hortobagyi T. Functional knee brace alters predicted knee muscle and joint forces in people with acl reconstruction during walking. *J Appl Biomech* 2001; 17:297-311.
369. Dewolf AH, Penailillo LE and Willems PA The rebound of the body during uphill and downhill running at different speeds. *J Exp Biol* 2016;219(Pt 15):2276-88
370. Di Michele R and Menni F The concurrent effects of strike pattern and ground-contact time on running economy. *J Sci Med Sport* 2014;17(4):414-8
371. Di Stasi S, Hartigan EH, Snyder-Mackler L. Sex-specific gait adaptations prior to and up to 6 months after anterior cruciate ligament reconstruction. *J Orthop Sports Phys Ther* 2015; 45(3):207-214.
372. Diebal AR, Gregory R, Alitz C et al. Forefoot running improves pain and disability associated with chronic exertional compartment syndrome. *Am J Sports Med* 2012; 40(5):1060-1067.
373. Dieppe PA, Lohmander LS. Pathogenesis and management of pain in osteoarthritis. *Lancet* 2005; 365(9463):965-973.
374. Dierks TA, Davis IS, Hamill J. The effects of running in an exerted state on lower extremity kinematics and joint timing. *J Biomech* 2010; 43(15):2993-2998.
375. Dierks TA, Manal KT, Hamill J et al. Lower extremity kinematics in runners with patellofemoral pain during a prolonged run. *Med Sci Sports Exerc* 2011; 43(4):693-700.
376. Dierks TA, Manal KT, Hamill J et al. Proximal and distal influences on hip and knee kinematics in runners with patellofemoral pain during a prolonged run. *J Orthop Sports Phys Ther* 2008; 38(8):448-456.
377. DiGiovanni BF, Nawoczenski DA, Lintal ME et al. Tissue-specific plantar fascia-stretching exercise enhances outcomes in patients with chronic heel pain. A prospective, randomized study. *J Bone Joint Surg Am* 2003;85-A(7):1270-7
378. Dima A, Lewith GT, Little P et al. Identifying patients' beliefs about treatments for chronic low back pain in primary care: A focus group study. *Br J Gen Pract* 2013; 63(612):e490-e498.
379. Dimitriadis A, Smith F, Mavrogenis AF et al. Effect of two sitting postures on lumbar sagittal alignment and intervertebral discs in runners. *Radiol Med* 2012;117(4):654-68
380. Dinato RC, Ribeiro AP, Butugan MK et al. Biomechanical variables and perception of comfort in running shoes with different cushioning technologies. *J Sci Med Sport* 2015;18(1):93-7
381. Dingenen B, Barton C, Janssen T et al. Test-retest reliability of two-dimensional video analysis during running. *Phys Ther Sport* 2018;33(40-47
382. Dingwell JB, Bohnsack-McLagan NK and Cusumano JP Humans control stride-to-stride stepping movements differently for walking and running, independent of speed. *J Biomech* 2018;76(144-151
383. Dion T, Savoie FA, Asselin A et al. Half-marathon running performance is not improved by a rate of fluid intake above that dictated by thirst sensation in trained distance runners. *Eur J Appl Physiol* 2013;113(12):3011-20
384. Dionne CE, Dunn KM, Croft PR et al. A consensus approach toward the standardization of back pain definitions for use in prevalence studies. *Spine* 2008; 33(1):95-103.
385. Distefano LJ, Blackburn JT, Marshall SW et al. Gluteal muscle activation during common therapeutic exercises. *J Orthop Sports Phys Ther* 2009; 39(7):532-540.
386. Divert C, Baur H, Mornieux G et al. Stiffness adaptations in shod running. *J Appl Biomech* 2005;21(4):311-21
387. Divert C, Mornieux G, Baur H et al. Mechanical comparison of barefoot and shod running. *Int J Sports Med* 2005; 26:593-598.
388. Divert C, Mornieux G, Freychat P et al. Barefoot-shod running differences: shoe or mass effect? *Int J Sports Med* 2008;29(6):512-8
389. Divine JG. Exercise training to prevent anterior knee pain in military recruits. *Clin J Sport Med* 2012; 22(3):288-9
390. Dolak KL, Silkman C, Medina McKee J et al. Hip strengthening prior to functional exercises reduces pain sooner than quadriceps strengthening in females with patellofemoral pain syndrome: A randomized clinical trial. *J Orthop Sports Phys Ther* 2011; 41(8):560-570.
391. Doan BK, Kwon YH, Newton RU et al. Evaluation of a lower-body compression garment. *J Sports Sci* 2003;21(8):601-10
392. Dolenec A, Radi P and Strojnik V An Explanation of the Influence on Deciding which Type of Foot Strike to Use when Running Barefoot or in Minimalistic Shoes. *Coll Antropol* 2015;39 Suppl 1(147-51
393. Dolenec A, Stim I and Strojnik V Activation Pattern of Lower Leg Muscles in Running on Asphalt, Gravel and Grass. *Coll Antropol* 2015;39 Suppl 1(167-72
394. Doma K, Deakin GB, Sealey RM. The reliability of lower extremity and thoracic kinematics at various running speeds. *Int J Sports Med* 2012; 33(5):364-369.
395. Dorn TW, Schache AG and Pandy MG Muscular strategy shift in human running: dependence of running speed on hip and ankle muscle performance. *J Exp Biol* 2012;215(Pt 11):1944-56
396. dos Reis AC, Correa JC, Bley AS et al. Kinematic and Kinetic Analysis of the Single-Leg Triple Hop Test in Women With and Without Patellofemoral Pain. *J Orthop Sports Phys Ther* 2015;45(10):799-807
397. Dos Santos AF, Nakagawa TH, Nakashima GY et al. The effects of forefoot striking, increasing step rate, and forward trunk lean running on trunk and lower limb kinematics and comfort. *Int J Sports Med* 2016; 37(5):369-373.
398. Dowling GJ, GS Murley, SE Munteanu et al. Dynamic foot function as a risk factor for lower limb overuse injury: a systematic review. *J Foot Ankle Res* 2014;7(1):53
399. Draganich LF, Andriacchi TP, Andersson GB. Interaction between intrinsic knee mechanics and the knee extensor mechanism. *J Orthop Res* 1987; 5(4):539-547.
400. Draper CE, Quon A, Fredericson M et al. Comparison of mri and (1)(8)f-naf pet/ct in patients with patellofemoral pain. *J Magn Reson Imaging* 2012; 36(4):928-932.
401. Dreyer D. *Chi running*. New York (NY), Fireside, 2009.
402. Drew MK and Finch CF The Relationship Between Training Load and Injury, Illness and Soreness: A Systematic and Literature Review. *Sports Med* 2016;46(6):861-83
403. Drew BT, Redmond AC, Smith TO et al. Which patellofemoral joint imaging features are associated with patellofemoral pain? Systematic review and meta-analysis. *Osteoarthritis Cartilage* 2016;24(2):224-36
404. Driban JB, Hootman JM, Sitler MR et al. Is participation in certain sports associated with knee osteoarthritis? A systematic review. *J Athl Train* 2015;
405. Dubois B. *New trends in the prevention of running injuries*. 2010.
406. Dubois B, Esculier JF, Frémont P et al. Effects of minimalist and traditional running shoes on injury rates: A pilot randomized controlled trial. *Footwear Sci* 2015; 7(3):159-164.
407. Duckham RL, Peirce N, Meyer C et al. Risk factors for stress fracture in female endurance athletes: a cross-sectional study. *BMJ Open* 2012;2(6):
408. Dufek JS, Mercer JA and Griffin JR The effects of speed and surface compliance on shock attenuation characteristics for male and female runners. *J Appl Biomech* 2009;25(3):219-28
409. Duffey MJ, Martin DF, Cannon DW et al. Etiologic factors associated with anterior knee pain in distance runners. *Med Sci Sports Exerc* 2000; 32(11):1825-1832.



410. Duffield R, Cannon J and King M The effects of compression garments on recovery of muscle performance following high-intensity sprint and plyometric exercise. *J Sci Med Sport* 2010;13(1):136-40
411. Dunabeitia I, Arrieta H, Torres-Unda J et al. Effects of a capacitive-resistive electric transfer therapy on physiological and biomechanical parameters in recreational runners: A randomized controlled crossover trial. *Phys Ther Sport* 2018;32:227-234
412. Duncombe D, Skouteris H, Wertheim EH et al. Vigorous exercise and birth outcomes in a sample of recreational exercisers: a prospective study across pregnancy. *Aust N Z J Obstet Gynaecol* 2006;46(4):288-92
413. Dunne A, Crampton D and Egana M Effect of post-exercise hydrotherapy water temperature on subsequent exhaustive running performance in normothermic conditions. *J Sci Med Sport* 2013;16(5):466-71
414. Dworkin RH, Turk DC, Farrar JT et al. Core outcome measures for chronic pain clinical trials: Immpact recommendations. *Pain* 2005; 113(1-2):9-19.
415. Dye SF. The knee as a biologic transmission with an envelope of function: A theory. *Clin Orthop Relat Res* 1996; 323:10-18.
416. Dye SF. The pathophysiology of patellofemoral pain: A tissue homeostasis perspective. *Clin Orthop Relat Res* 2005; 436:100-110.
417. Earl JE, Hoch AZ. A proximal strengthening program improves pain, function, and biomechanics in women with patellofemoral pain syndrome. *Am J Sports Med* 2011; 39(1):154-163.
418. Eckstein F, Faber S, Muhlbauer R et al. Functional adaptation of human joints to mechanical stimuli. *Osteoarthritis Cartilage* 2002; 10(1):44-50.
419. Eckstein F, Lemberger B, Gratzke C et al. In vivo cartilage deformation after different types of activity and its dependence on physical training status. *Ann Rheum Dis* 2005; 64:291-295.
420. Edwards WB, Gillette JC, Thomas JM et al. Internal femoral forces and moments during running: Implications for stress fracture development. *Clin Biomech* 2008; 23(10):1269-1278.
421. Edwards WB, Taylor D, Rudolph TJ et al. Effects of stride length and running mileage on a probabilistic stress fracture model. *Med Sci Sports Exerc* 2009; 41(12):2177-2184.
422. Edwards WB, Troy KL, Derrick TR. On the filtering of intersegmental loads during running. *Gait Posture* 2011; 34(3):435-438.
423. Edwards WB, Ward ED, Meardon SA et al. The use of external transducers for estimating bone strain at the distal tibia during impact activity. *J Biomech Eng* 2009; 131(5):051009.
424. Ehrlich SF, Sternfeld B, Krefman AE et al. Erratum to: Moderate and Vigorous Intensity Exercise During Pregnancy and Gestational Weight Gain in Women with Gestational Diabetes. *Matern Child Health J* 2016;20(9):1989-1992
425. Ellis RG, Sumner BJ and Kram R Muscle contributions to propulsion and braking during walking and running: insight from external force perturbations. *Gait Posture* 2014;40(4):594-9
426. Enders H, Von Tscharn V, Nigg BM. The effects of preferred and non-preferred running strike patterns on tissue vibration properties. *J Sci Med Sport* 2013; Epub ahead of print
427. Eng CM, Arnold AS, Lieberman DE et al. The capacity of the human iliotibial band to store elastic energy during running. *J Biomech* 2015;48(12):3341-8
428. Engel FA, Holmberg HC and Sperlich B Is There Evidence that Runners can Benefit from Wearing Compression Clothing? *Sports Med* 2016;46(12):1939-1952
429. Erdmann WS and Lipinska P Kinematics of marathon running tactics. *Hum Mov Sci* 2013;32(6):1379-92
430. Escamilla RF, Fleisig GS, Zheng N et al. Biomechanics of the knee during closed kinetic chain and open kinetic chain exercises. *Med Sci Sports Exerc* 1998; 30(4):556-569.
431. Escamilla-Martinez E, Martinez-Nova A, Gomez-Martin B et al. The effect of moderate running on foot posture index and plantar pressure distribution in male recreational runners. *J Am Podiatr Med Assoc* 2013;103(2):121-5
432. Esculier JF, Bouyer LJ, Dubois B et al. Effects of rehabilitation approaches for runners with patellofemoral pain: Protocol of a randomised clinical trial addressing specific underlying mechanisms. *BMC Musculoskelet Disord* 2016; 17(1):5.
433. Esculier JF, Bouyer LJ, Dubois B et al. Predictors of clinical success in runners with patellofemoral pain: Secondary analyses of a randomized clinical trial. *J Sci Med Sport* 2018;21(8):777-782
434. Esculier JF, Bouyer LJ, Roy JS. The effects of a multimodal rehabilitation program on symptoms and ground reaction forces in runners with patellofemoral pain syndrome. *J Sport Rehabil* 2016; 25(1):23-30.
435. Esculier JF, Bouyer LJ, Roy JS. Immediate effects of gait retraining on symptoms and running mechanics of runners with patellofemoral pain. *J Orthop Sports Phys Ther* 2017; 47(1):A9.
436. Esculier JF, Bouyer LJ, Roy JS. The effects of running on lower limb cartilages. Las Vegas 2017.
437. Esculier JF, Bouyer LJ, Roy JS. The effects of running on lower limb cartilages. *Osteoarthritis Cartilage* 2017; 25:S145.
438. Esculier JF, Dubois B, Bouyer LJ et al. Is combining gait retraining or an exercise program with education better than education alone in treating runners with patellofemoral pain? A randomised clinical trial. *Br J Sports Med* 2018; 52(10):659-666.
439. Esculier JF, Dubois B, Bouyer LJ et al. Footwear characteristics are related to running mechanics in runners with patellofemoral pain. *Gait Posture* 2017; 54(6):144-147.
440. Esculier JF, Dubois B, Dionne CE et al. A consensus definition and rating scale for minimalist shoes. *J Foot Ankle Res* 2015; 8:42.
441. Esculier JF, Dubois B and Roy JS Response to: 'Optimising the efficacy of gait retraining'. *Br J Sports Med* 2018;
442. Esculier JF, Roy JS, Bouyer LJ. Psychometric evidence of self-reported questionnaires for patellofemoral pain syndrome: A systematic review. *Disabil Rehabil* 2013; 35(26):2181-2190.
443. Esculier JF, Roy JS, Bouyer LJ. Lower limb control and strength in runners with and without patellofemoral pain. *Gait Posture* 2015; 41(3):813-819.
444. Esculier JF, Silvini T, Bouyer LJ et al. Video-based assessment of foot strike pattern and step rate is valid and reliable in runners with patellofemoral pain. *Phys Ther Sport* 2018; 29(1):108-112.
445. Esculier JF, Willy RW, Baggaley MW et al. Sex-specific kinetic and kinematic indicators of medial tibiofemoral force during walking and running. *Knee* 2017;24(6):1317-1325
446. Eslami M, Damavandi M and Ferber R Association of navicular drop and selected lower-limb biomechanical measures during the stance phase of running. *J Appl Biomech* 2014;30(2):250-4
447. Eslami M and Ferber R Can orthoses and navicular drop affect foot motion patterns during running? *J Sci Med Sport* 2013;16(4):377-81
448. Espinosa N and Maurer MA Stage I and II Posterior Tibial Tendon Dysfunction: Return to Running? *Clin Sports Med* 2015;34(4):761-8
449. Evans JD. Straightforward statistics for the behavioral sciences. Pacific Grove, CA, Brooks/Cole Publishing, 1996.
450. Evcik D, Ay S, Ege A et al. Adaptation and validation of turkish version of the knee outcome survey-activities for daily living scale. *Clin Orthop Relat Res* 2009; 467(8):2077-2082.



451. Fagan V, Delahunt E. Patellofemoral pain syndrome: A review on the associated neuromuscular deficits and current treatment options. *Br J Sports Med* 2008; 42(10):789-795.
452. Fagundes SB, Fagundes DJ, Luna AA et al. Prevalence of restless legs syndrome in runners. *Sleep Med* 2012;13(6):771
453. Falese L, Della Valle P, Federico B. Epidemiology of football (soccer) injuries in the 2012/2013 and 2013/2014 seasons of the Italian Serie A. *Res Sports Med* 2016; 24:426-432.
454. Farley CT, Ferris DP. Biomechanics of walking and running: Center of mass movements to muscle action. *Exerc Sport Sci Rev* 1998; 26:253-285.
455. Farris DJ, Buckridge E, Trewartha G et al. The effects of orthotic heel lifts on Achilles tendon force and strain during running. *J Appl Biomech* 2012;28(5):511-9
456. Farrokhi S, Colletti PM, Powers CM. Differences in patellar cartilage thickness, transverse relaxation time, and deformational behavior: A comparison of young women with and without patellofemoral pain. *The American journal of sports medicine* 2011; 39(2):384-391.
457. Farrokhi S, Colletti PM, Powers CM. Differences in patellar cartilage thickness, transverse relaxation time, and deformational behavior: A comparison of young women with and without patellofemoral pain. *Am J Sports Med* 2011; 39(2):384-391.
458. Faul F, Erdfelder E, Lang AG et al. G*power 3: A flexible statistical power analysis program for the social, behavioral, and biomedical sciences. *Behavior Res Methods* 2007; 39(2):175-191.
459. Faulkner JA, Gleadon D, McLaren J et al. Effect of lower-limb compression clothing on 400-m sprint performance. *J Strength Cond Res* 2013;27(3):669-76
460. Favre J, Erhart-Hledik JC, Chehab EF et al. A general scheme to reduce the knee adduction moment by modifying a combination of gait variables. *J Orthop Res* 2016:[Epub ahead of print].
461. Favre J, Erhart-Hledik JC, Chehab EF et al. Baseline ambulatory knee kinematics are associated with changes in cartilage thickness in osteoarthritic patients over 5 years. *J Biomech* 2016; 49(9):1859-1864.
462. Fellin RE. Comparison of lower extremity kinematic curves during overground and treadmill running. 2010;
463. Fellin RE, Manal K, Davis IS et al. Comparison of lower extremity kinematic curves during overground and treadmill running. *J Appl Biomech* 2010; 26(4):407-414.
464. Fellin RE, Rose WC, Royer TD et al. Comparison of methods for kinematic identification of footstrike and toe-off during overground and treadmill running. *J Sci Med Sport* 2010; 13(6):646-650.
465. Felson DT, Nevitt MC, Zhang Y et al. High prevalence of lateral knee osteoarthritis in Beijing Chinese compared with Framingham Caucasian subjects. *Arthritis Rheum* 2002; 46(5):1217-1222.
466. Ferber R, Bogla L, Earl-Boehm JE et al. Strengthening of the hip and core versus knee muscles for the treatment of patellofemoral pain: A multicenter randomized controlled trial. *J Athl Train* 2015; 50(4):366-377.
467. Ferber R, Kendall KD, Farr L. Changes in knee biomechanics after a hip-abductor strengthening protocol for runners with patellofemoral pain syndrome. *J Athl Train* 2011; 46(2):142-149.
468. Ferber R, Noehren B, Hamill J et al. Competitive female runners with a history of iliotibial band syndrome demonstrate atypical hip and knee kinematics. *J Orthop Sports Phys Ther* 2010; 40(2):52-58.
469. Ferley DD, Osborn RW, Vukovich MD. The effects of uphill vs. level-grade high-intensity interval training on $\dot{V}O_{2max}$, V_{max} , V_{LT} , and T_{max} in well-trained distance runners. *J Strength Cond Res* 2013;27(6):1549-59
470. Filingeri D, Fournet D, Hodder S et al. Mild evaporative cooling applied to the torso provides thermoregulatory benefits during running in the heat. *Scand J Med Sci Sports* 2015;25 Suppl 1(200-10
471. Finnoff JT, Hall MM, Kyle K et al. Hip strength and knee pain in high school runners: A prospective study. *PM R* 2011; 3(9):792-801.
472. Firminger CR, Fung A, Loundagin LL et al. Effects of footwear and stride length on metatarsal strains and failure in running. *Clin Biomech (Bristol, Avon)* 2017;49(8-15
473. Firminger CR and Edwards WB. The influence of minimalist footwear and stride length reduction on lower-extremity running mechanics and cumulative loading. *J Sci Med Sport* 2016;19(12):975-979
474. Fisher BE, Lee YY, Pitsch EA et al. Method for assessing brain changes associated with gluteus maximus activation. *J Orthop Sports Phys Ther* 2013; 43(4):214-221.
475. Flandry F, Hunt JP, Terry GC et al. Analysis of subjective knee complaints using visual analog scales. *Am J Sports Med* 1991; 19(2):112-118.
476. Fleming J and James LJ. Repeated familiarisation with hypohydration attenuates the performance decrement caused by hypohydration during treadmill running. *Appl Physiol Nutr Metab* 2014;39(2):124-9
477. Fleming N, Walters J, Grounds J et al. Acute response to barefoot running in habitually shod males. *Hum Mov Sci* 2015;42(27-37
478. Flynn TW, Soutas-Little RW. Patellofemoral joint compressive forces in forward and backward running. *J Orthop Sports Phys Ther* 1995; 21(5):277-282.
479. Foch E and Milner CE. Frontal plane running biomechanics in female runners with previous iliotibial band syndrome. *J Appl Biomech* 2014;30(1):58-65
480. Foch E and Milner CE. The influence of iliotibial band syndrome history on running biomechanics examined via principal components analysis. *J Biomech* 2014;47(1):81-6
481. Foch E, Milner CE. Lower extremity joint position sense in runners with and without a history of knee overuse injury. *Gait Posture* 2012; 36(3):557-560.
482. Foch E, Reinbolt JA, Zhang S et al. Associations between iliotibial band injury status and running biomechanics in women. *Gait Posture* 2015;41(2):706-10
483. Fong Yan A, Sindair PJ, Hillier C et al. Impact attenuation during weight bearing activities in barefoot vs. shod conditions: a systematic review. *Gait Posture* 2013;38(2):175-86
484. Fontanella CG, Forestiero A, Carniel EL et al. Analysis of heel pad tissues mechanics at the heel strike in bare and shod conditions. *Med Eng Phys* 2013;35(4):441-7
485. Ford KR, Nguyen AD, Dischiavi SL et al. An evidence-based review of hip-focused neuromuscular exercise interventions to address dynamic lower extremity valgus. *Open Access J Sports Med* 2015;6(291-303
486. Ford KR, Taylor-Haas JA, Genthe K et al. Relationship between hip strength and trunk motion in college cross-country runners. *Med Sci Sports Exerc* 2013;45(6):1125-30
487. Forrest D, Dufek JS and Mercer JA. Impact characteristics of female children running in adult versus youth shoes of the same size. *J Appl Biomech* 2012;28(5):593-8
488. Forrester SE and Townend J. The effect of running velocity on footstrike angle--a curve-clustering approach. *Gait Posture* 2015;41(1):26-32
489. Foster NE, Bishop A, Thomas E et al. Illness perceptions of low back pain patients in primary care: What are they, do they change and are they associated with outcome? *Pain* 2008; 136(1-2):177-187.
490. Fradkin AJ, Cameron PA and Gabbe BJ. Is there an association between self-reported warm-up behaviour and golf related injury in female golfers? *J Sci Med Sport* 2007;10(1):66-71
491. Franettovich Smith MM, Honeywill C, Wyndow N et al. Neuromotor control of gluteal muscles in runners with Achilles tendinopathy. *Med Sci Sports Exerc* 2014;46(3):594-9



492. Fransen M, McConnell S, Harmer A et al. Exercise for osteoarthritis of the knee. *Cochrane Database Syst Rev* 2015; 1:CD004376.
493. Franz JR, Wierzbinski CM, Kram R. Metabolic cost of running barefoot versus shod: Is lighter better? *Med Sci Sports Exerc* 2012; 44(8):1519-1525.
494. Fredericks W, Swank S, Teisberg M et al. Lower extremity biomechanical relationships with different speeds in traditional, minimalist, and barefoot footwear. *J Sport Sci Med* 2015; 14:276-283.
495. Fredericson M, Cookingham CL, Chaudhari AM et al. Hip abductor weakness in distance runners with iliotibial band syndrome. *Clin J Sport Med* 2000; 10(3):169-175.
496. Fredericson M, Yoon K. Physical examination and patellofemoral pain syndrome. *Am J Phys Med Rehabil* 2006; 85(3):234-243.
497. Freedman SR, Brody LT, Rosenthal M et al. Short-term effects of patellar kinesio taping on pain and hop function in patients with patellofemoral pain syndrome. *Sports Health* 2014;6(4):294-300
498. Fregly BJ, Besier TF, Lloyd DG et al. Grand challenge competition to predict in vivo knee loads. *J Orthop Res* 2012; 30(4):503-513.
499. Freriks B, Hermens H, Disselhorst-Klug C et al. The recommendations for sensors and sensor placement procedures for surface electromyography. In: Hermens H, Freriks B, Merletti R, et al, eds. *Seniam 8: European recommendations for surface electromyography*. Enschede, The Netherlands: Roessingh Research and Development BV; 1999:15-53.
500. Freund W, Faust S, Birklein F et al. Substantial and reversible brain gray matter reduction but no acute brain lesions in ultramarathon runners: experience from the TransEurope-FootRace Project. *BMC Med* 2012;10(170)
501. Frye JL, Ramey LN, Hart JM. The effects of exercise on decreasing pain and increasing function in patients with patellofemoral pain syndrome: A systematic review. *Sports Health* 2012; 4(3):205-210.
502. Fu F, Zhang Y, Shu Y et al. Lower limb mechanics during moderate high-heel jogging and running in different experienced wearers. *Hum Mov Sci* 2016;48(15-27)
503. Fu SN, Chan YH. Translation and validation of chinese version of international knee documentation committee subjective knee form. *Disabil Rehabil* 2011; 33(13-14):1186-1189.
504. Fu W, Fang Y, Liu DMS et al. Surface effects on in-shoe plantar pressure and tibial impact during running. *Journal of Sport and Health Science* 2015;4(4):384-390
505. Fukano M and Fukubayashi T Changes in talocrural and subtalar joint kinematics of barefoot versus shod forefoot landing. *J Foot Ankle Res* 2014;7(1):42
506. Fukuchi RK, Stefanyszyn DJ, Stirling L et al. Effects of strengthening and stretching exercise programmes on kinematics and kinetics of running in older adults: a randomised controlled trial. *J Sports Sci* 2016;34(18):1774-81
507. Fukuchi RK, Stefanyszyn DJ, Stirling L et al. Flexibility, muscle strength and running biomechanical adaptations in older runners. *Clin Biomech (Bristol, Avon)* 2014;29(3):304-10
508. Fukuda TY, Melo WP, Zaffalon BM et al. Hip posterolateral musculature strengthening in sedentary women with patellofemoral pain syndrome: A randomized controlled clinical trial with 1-year follow-up. *J Orthop Sports Phys Ther* 2012; 42(10):823-830.
509. Fukuda TY, Rossetto FM, Magalhaes E et al. Short-term effects of hip abductors and lateral rotators strengthening in females with patellofemoral pain syndrome: A randomized controlled clinical trial. *J Orthop Sports Phys Ther* 2010; 40(11):736-742.
510. Fukutani. Association of varus thrust with pain and stiffness and activities of daily living in patients with medial knee osteoarthritis. 2016;
511. Fulkerson JP. Awareness of the retinaculum in evaluating patellofemoral pain. *Am J Sports Med* 1982; 10(3):147-149.
512. Fulkerson JP. Evaluation of the peripatellar soft tissues and retinaculum in patients with patellofemoral pain. *Clin Sports Med* 1989; 8(2):197-202.
513. Fuller JT, Amado A, Emmerik RE et al. The effect of footwear and footfall pattern on running stride interval long-range correlations and distributional variability. *Gait Posture* 2016;44(137-42)
514. Fuller JT, Thewlis D, Tsoris MD et al. Effects of a minimalist shoe on running economy and 5-km running performance. *J Sports Sci* 2016;34(18):1740-5
515. Fuller JT, Thewlis D, Tsoris MD et al. The long-term effect of minimalist shoes on running performance and injury: design of a randomised controlled trial. *BMJ Open* 2015;5(8):e008307
516. Fuller J, Bellenger C, Thewlis D et al. The effect of footwear on running performance and running economy in distance runners. *Sports Med* 2014; doi:10.1007/s40279-014-0283-6
517. Fuller JT, D Thewlis, JD Buckley et al. Body Mass and Weekly Training Distance Influence the Pain and Injuries Experienced by Runners Using Minimalist Shoes: A Randomized Controlled Trial. *Am J Sports Med* 2017;45(5):1162-1170
518. Fyfe JJ, Opar DA, Williams MD et al. The role of neuromuscular inhibition in hamstring strain injury recurrence. *J Electromyogr Kinesiol* 2013;23(3):523-30
519. Gabbett TJ and Ullah S Relationship between running loads and soft-tissue injury in elite team sport athletes. *J Strength Cond Res* 2012;26(4):953-60
520. Gallant JL and Pierrynowski MR A theoretical perspective on running-related injuries. *J Am Podiatr Med Assoc* 2014;104(2):211-20
521. Gallo RA, Plakke M and Silvis ML Common leg injuries of long-distance runners: anatomical and biomechanical approach. *Sports Health* 2012;4(6):485-95
522. Gan TY, Kuah DE, Graham KS et al. Low-intensity pulsed ultrasound in lower limb bone stress injuries: a randomized controlled trial. *Clin J Sport Med* 2014;24(6):457-60
523. Garcia-Perez JA, Perez-Soriano P, Llana Belloch S et al. Effects of treadmill running and fatigue on impact acceleration in distance running. *Sports Biomech* 2014;13(3):259-66
524. Garcia-Pinillos F, Camara-Perez JC, Soto-Hermoso VM et al. A High Intensity Interval Training (HIIT)-Based Running Plan Improves Athletic Performance by Improving Muscle Power. *J Strength Cond Res* 2017;31(1):146-153
525. Gardinier ES, Manal K, Buchanan TS et al. Clinically-relevant measures associated with altered contact forces in patients with anterior cruciate ligament deficiency. *Clin Biomech (Bristol, Avon)* 2014; 29(5):531-536.
526. Garreta-Catala I, Font-Vila F, Bustos-Bedoya P et al. [Runners with back pain: to run or not to run?]. *Rev Med Suisse* 2015;11(481):1438, 1440-4
527. Garratt AM, Brealey S, Gillespie WJ. Patient-assessed health instruments for the knee: A structured review. *Rheumatology (Oxford)* 2004; 43(11):1414-1423.
528. Gatti AA, Noseworthy MD, Stratford PW et al. Acute changes in knee cartilage transverse relaxation time after running and bicycling. *J Biomech* 2017; 53:171-177.
529. Gaudreault N, Fuentes A, Mezghani N et al. Relationship between knee walking kinematics and muscle flexibility in runners. *J Sport Rehabil* 2013;22(4):279-87
530. Gaudreault V, Tizon-Marcos H, Poirier P et al. Transient myocardial tissue and function changes during a marathon in less fit marathon runners. *Can J Cardiol* 2013;29(10):1269-76
531. Gay C, Chabaud A, Guille E et al. Educating patients about the benefits of physical activity and exercise for their hip and knee osteoarthritis. *Systematic literature review. Ann Phys Rehabil Med* 2016; 59(3):174-183.
532. Gazendam MG, Hof AL. Averaged emg profiles in jogging and running at different speeds. *Gait Posture* 2007; 25(4):604-614.



533. Gehring D, Mornieux G, Fleischmann J et al. Knee and hip joint biomechanics are gender-specific in runners with high running mileage. *Int J Sports Med* 2014;35(2):153-8
534. Giandolini M, Gimenez P, Temesi J et al. Effect of the Fatigue Induced by a 110-km Ultramarathon on Tibial Impact Acceleration and Lower Leg Kinematics. *PLoS One* 2016;11(3):e0151687
535. Giandolini M, Horvais N, Farges Y et al. Impact reduction through long-term intervention in recreational runners: Midfoot strike pattern versus low-drop/low-heel height footwear. *Eur J Appl Physiol* 2013; 113(8):2077-2090.
536. Giandolini M, Poupard T, Gimenez P et al. A simple field method to identify foot strike pattern during running. *J Biomech* 2014; 47:1588-1593.
537. Gianoili D, Knechtle B, Knechtle P et al. Comparison between recreational male Ironman triathletes and marathon runners. *Percept Mot Skills* 2012;115(1):283-99
538. Giarmatzis G, Jonkers I, Wesseling M et al. Loading of Hip Measured by Hip Contact Forces at Different Speeds of Walking and Running. *J Bone Miner Res* 2015;30(8):1431-40
539. Gigou PY, Dion T, Asselin A et al. Pre-exercise hyperhydration-induced bodyweight gain does not alter prolonged treadmill running time-trial performance in warm ambient conditions. *Nutrients* 2012;4(8):949-66
540. Gijon-Nogueron G and Fernandez-Villarejo M Risk Factors and Protective Factors for Lower-Extremity Running Injuries A Systematic Review. *J Am Podiatr Med Assoc* 2015;105(6):532-40
541. Gillinov SM, Laux S, Kuivila T et al. Effect of Minimalist Footwear on Running Efficiency: A Randomized Crossover Trial. *Sports Health* 2015;7(3):256-60
542. Girard J, Lons A, Pommepuy T et al. High-impact sport after hip resurfacing: The Ironman triathlon. *Orthop Traumatol Surg Res* 2017;103(5):675-678
543. Girard O, Millet GP, Slawinski J et al. Changes in running mechanics and spring-mass behaviour during a 5-km time trial. *Int J Sports Med* 2013;34(9):832-40
544. Giuliani JR, Burns TC, Svoboda SJ et al. Treatment of meniscal injuries in young athletes. *J Knee Surg* 2011;24(2):93-100
545. Goble C, Wegler J and Forest CP The potential hazards of barefoot running: proceed with caution. *JAAPA* 2013;26(3):49-53
546. Gold GE, Chen CA, Koo S et al. Recent advances in mri of articular cartilage. *Am J Roentgenol* 2009; 193(3):628-638.
547. Goldmann JP, Sanno M, Willwacher S et al. The potential of toe flexor muscles to enhance performance. *J Sports Sci* 2013;31(4):424-33
548. Gomez Garcia S, Ramon Rona S, Gomez Tinoco MC et al. Shockwave treatment for medial tibial stress syndrome in military cadets: A single-blind randomized controlled trial. *Int J Surg* 2017;46(102-109
549. Goncalves RS, Cabri J, Pinheiro JP. Cross-cultural adaptation and validation of the portuguese version of the knee outcome survey-activities of daily living scale (kos-adls). *Clin Rheumatol* 2008; 27(11):1445-1449.
550. Gonzalez-Mohino F, Martin R, Santos-Garcia DJ et al. Correction: Effects of High-intensity Warm-ups on Running Performance. *Int J Sports Med* 2018;39(6):e1
551. Goodfellow J, Hungerford DS, Woods C. Patello-femoral joint mechanics and pathology. 2. Chondromalacia patellae. *J Bone Joint Surg* 1976; 58-B(3):291-299.
552. Goossens P, Keijsers E, van Geenen RJ et al. Validity of the thessaly test in evaluating meniscal tears compared with arthroscopy: A diagnostic accuracy study. *J Orthop Sports Phys Ther* 2015; 45(1):18-24, B11.
553. Goss DL and Gross MT A comparison of negative joint work and vertical ground reaction force loading rates in Chi runners and rearfoot-striking runners. *J Orthop Sports Phys Ther* 2013;43(10):685-92
554. Goss DL and Gross MT A review of mechanics and injury trends among various running styles. *US Army Med Dep J* 2012;62-71
555. Goss D, Gross M. Relationships among self-reported shoe type, footstrike pattern, and injury incidence. *US Army Med Dep J* 2012; Oct-Dec:25-30.
556. Goss DL, Lewek M, Yu B et al. Lower Extremity Biomechanics and Self-Reported Foot-Strike Patterns Among Runners in Traditional and Minimalist Shoes. *J Athl Train* 2015;50(6):603-11
557. Gottschall JS and Kram R Ground reaction forces during downhill and uphill running. *J Biomech* 2005;38(3):445-52
558. Graci V and Salsich GB Trunk and lower extremity segment kinematics and their relationship to pain following movement instruction during a single-leg squat in females with dynamic knee valgus and patellofemoral pain. *J Sci Med Sport* 2015;18(3):343-7
559. Greco NJ, Anderson AF, Mann BJ et al. Responsiveness of the international knee documentation committee subjective knee form in comparison to the western ontario and mcmaster universities osteoarthritis index, modified cincinnati knee rating system, and short form 36 in patients with focal articular cartilage defects. *Am J Sports Med* 2010; 38(5):891-902.
560. Green B and Pizzari T Calf muscle strain injuries in sport: a systematic review of risk factors for injury. *Br J Sports Med* 2017;51(16):1189-1194
561. Gregory DA, Pfeiffer KA, Vickers KE et al. Physiologic responses to running with a jogging stroller. *Int J Sports Med* 2012;33(9):711-5
562. Gremion G and Fritschy D [Sports medicine and the promotion of injury-free physical activity]. *Rev Med Suisse* 2006;2(74):1771-2
563. Grier T, Canham-Chervak M, Bushman T et al. Minimalist Running Shoes and Injury Risk Among United States Army Soldiers. *Am J Sports Med* 2016;44(6):1439-46
564. Griffin TM, Guilak F. The role of mechanical loading in the onset and progression of osteoarthritis. *Exerc Sport Sci Rev* 2005; 33(4):195-200.
565. Gross KD, Niu J, Stefanik JJ et al. Breaking the law of valgus: The surprising and unexplained prevalence of medial patellofemoral cartilage damage. *Ann Rheum Dis* 2012; 71(11):1827-1832.
566. Grosse U, Springer F, Hein T et al. Influence of physical activity on T1 and T2* relaxation times of healthy Achilles tendons at 3T. *J Magn Reson Imaging* 2015;41(1):193-201
567. Gruber AH, Boyer KA, Derrick TR et al. Impact shock frequency components and attenuation in rearfoot and forefoot running. *Journal of Sport and Health Science* 2014;3(2):113-121
568. Gruber AH, BR Umberger, B Braun et al. Economy and rate of carbohydrate oxidation during running with rearfoot and forefoot strike patterns. *J Appl Physiol* (1985) 2013;115(2):194-201
569. Guelfi M, Pantalone A, Vanni D et al. Long-term beneficial effects of platelet-rich plasma for non-insertional Achilles tendinopathy. *Foot Ankle Surg* 2015;21(3):178-81
570. Guney H, Yuksel I, Kaya D et al. Correlation between quadriceps to hamstring ratio and functional outcomes in patellofemoral pain. *Knee* 2016;23(4):610-5
571. Gurney B Leg length discrepancy. *Gait Posture* 2002;15(2):195-206
572. Gwet KL. Handbook of inter-rater reliability: The definitive guide to measuring the extent of agreement among raters - 3rd edition. Gaithersburg, Advanced Analytics, LLC, 2012.
573. Haddad M, Dridi A, Chtara M et al. Static stretching can impair explosive performance for at least 24 hours. *J Strength Cond Res* 2014;28(1):140-6



574. Hafer JF, Brown AM, deMille P et al. The effect of a cadence retraining protocol on running biomechanics and efficiency: A pilot study. *J Sports Sci* 2015; 33(7):724-731.
575. Hafer JF, Freedman Silvernail J, Hillstrom HJ et al. Changes in coordination and its variability with an increase in running cadence. *J Sports Sci* 2016;34(15):1388-95
576. Hagemann GJ, Rijke AM, Corr PD. Do knees survive the comrades marathon? *S Afr Med J* 2008; 98(11):873-876.
577. Hair JF, Black WC, Babin BJ et al. *Multivariate data analysis* (7th edition). Pearson, 2010.
578. Halabchi F, Mazaheri R, Mansournia MA et al. Additional Effects of an Individualized Risk Factor-Based Approach on Pain and the Function of Patients With Patellofemoral Pain Syndrome: A Randomized Controlled Trial. *Clin J Sport Med* 2015;25(6):478-86
579. Hall R, Barber Foss K, Hewett TE et al. Sport specialization's association with an increased risk of developing anterior knee pain in adolescent female athletes. *J Sport Rehabil* 2015;24(1):31-5
580. Hall JP, Barton C, Jones PR et al. The biomechanical differences between barefoot and shod distance running: A systematic review and preliminary meta-analysis. *Sports Med* 2013; 43(12):1335-1353.
581. Halvorsen K, Eriksson M and Gullstrand L. Acute effects of reducing vertical displacement and step frequency on running economy. *J Strength Cond Res* 2012;26(8):2065-70
582. Hamann N, Zaucke F, Heilig J et al. Effect of different running modes on the morphological, biochemical, and mechanical properties of articular cartilage. *Scand J Med Sci Sports* 2014;24(1):179-88
583. Hamill CL, Clarke TE, Frederick EC et al. Effect of grade running on kinematics and impact force. *Med Sci Sports Exerc* 1984; 16:185.
584. Hamill J, Bates BT, Knutzen KM et al. Variations in ground reaction force parameters at different running speeds. *Hum Mov Sci* 1983; 2:47-56.
585. Hamill J, Derrick TR, Holt KG. Shock attenuation and stride frequency during running. *Hum Mov Sci* 1995; 14:45-60.
586. Hamill J, Gruber AH, Derrick TR. Lower extremity joint stiffness characteristics during running with different footfall patterns. *Eur J Sport Sci* 2014; 14(2):130-136.
587. Hamill J, Miller R, Noehren B et al. A prospective study of iliotibial band strain in runners. *Clin Biomech* 2008; 23(8):1018-1025.
588. Hamill J, Russell EM, Gruber AH et al. Impact characteristics in shod and barefoot running. *Footwear Sci* 2011; 3(1):33-40.
589. Hammer SR and Delp SL. Muscle contributions to fore-aft and vertical body mass center accelerations over a range of running speeds. *J Biomech* 2013;46(4):780-7
590. Hamstra-Wright KL, Bliven KC and Bay C. Risk factors for medial tibial stress syndrome in physically active individuals such as runners and military personnel: a systematic review and meta-analysis. *Br J Sports Med* 2015;49(6):362-9
591. Hamstra-Wright KL, Coubme-Lilley JE, Kim H et al. The influence of training and mental skills preparation on injury incidence and performance in marathon runners. *J Strength Cond Res* 2013;27(10):2828-35
592. Hanley JA, Negassa A, Edwardes MD et al. Statistical analysis of correlated data using generalized estimating equations: An orientation. *Am J Epidemiol* 2003; 157(4):364-375.
593. Hanna F, Teichtahl AJ, Bell R et al. The cross-sectional relationship between fortnightly exercise and knee cartilage properties in healthy adult women in midlife. *Menopause* 2007;14(5):830-4
594. Hannila I, Lammintausta E, Tervonen O et al. The repeatability of t2 relaxation time measurement of human knee articular cartilage. *MAGMA* 2015; 28(6):547-553.
595. Hansen EA, Emanuelsen A, Gertsens RM et al. Improved marathon performance by in-race nutritional strategy intervention. *Int J Sport Nutr Exerc Metab* 2014;24(6):645-55
596. Hansen P, English M, Willick SE. Does running cause osteoarthritis in the hip or knee. *PM&R* 2012; 4:S117-S121.
597. Hanson N, Berg K. Response to the letter to the editor: Is barefoot running more economical? *Int J Sports Med* 2012; 33(03):250-250.
598. Hanson NJ, Berg K, Deka P et al. Oxygen cost of running barefoot vs. Running shod. *Int J Sports Med* 2011; 32:401-406.
599. Harcourt. Specificity of the oxford knee status questionnaire. 2001;
600. Hardin EC, van den Bogert AJ and Hamill J. Kinematic adaptations during running: effects of footwear, surface, and duration. *Med Sci Sports Exerc* 2004;36(5):838-44
601. Harrison BK, Abell BE, Gibson W. The thesally test for detection of meniscal tears: Validation of a new physical examination technique for primary care medicine. *Clin J Sport Med* 2009; 19(1):9-12.
602. Harrison E, Magee D, Quinney H. Development of a clinical tool and patient questionnaire for evaluation of patellofemoral pain syndrome patients. *Clin J Sport Med* 1996; 6(3):163-170.
603. Harrison E, Quinney H, Magee D et al. Analysis of outcome measures used in the study of patellofemoral pain syndrome. *Physiother Can* 1995; 47(4):264-272.
604. Harrison K, Thakkar B, Kwon YU et al. Kinematic predictors of loading during running differ by demographic group. *Phys Ther Sport* 2018;32(221-226
605. Hart JM. Quadriceps activation following knee injuries: A systematic review. 2010;
606. Hasegawa H, Yamauchi T, Kraemer W. Foot strike patterns of runners at the 15-km point during an elite-level half marathon. *J Strength Cond Res* 2007; 21(3):888-893.
607. Hashish R, Samarawickrame SD, Powers CM et al. Lower limb dynamics vary in shod runners who acutely transition to barefoot running. *J Biomech* 2016;49(2):284-8
608. Haskins R, Osmotherly PG, Rivett DA. Diagnostic clinical prediction rules for specific subtypes of low back pain: A systematic review. *J Orthop Sports Phys Ther* 2015; 45(2):61-76.
609. Hatala KG, Dingwall HL, Wunderlich RE et al. Variation in foot strike patterns during running among habitually barefoot populations. *PLoS One* 2013;8(1):e52548
610. Hatfield GL, Cochrane CK, Takacs J et al. Knee and ankle biomechanics with lateral wedges with and without a custom arch support in those with medial knee osteoarthritis and flat feet. *J Orthop Res* 2016; 34(9):1597-1605.
611. Haugen T, Danielsen J, Alnes LO et al. On the Importance of "Front-Side Mechanics" in Athletics Sprinting. *Int J Sports Physiol Perform* 2018;13(4):420-427
612. Hauptenthal A, Fontana Hde B, Ruschel C et al. Ground reaction forces in shallow water running are affected by immersion level, running speed and gender. *J Sci Med Sport* 2013;16(4):348-52
613. Hausswirth C, Louis J, Bieuzen F et al. Effects of whole-body cryotherapy vs. far-infrared vs. passive modalities on recovery from exercise-induced muscle damage in highly-trained runners. *PLoS One* 2011;6(12):e27749
614. Haverkamp D, Siersevelt IN, Breugem SJ et al. Translation and validation of the dutch version of the international knee documentation committee subjective knee form. *Am J Sports Med* 2006; 34(10):1680-1684.
615. Hawke F, Burns J, Radford JA et al. Custom-made foot orthoses for the treatment of foot pain. *Cochrane Database Syst Rev* 2008;3):CD006801



616. Hayes P and Caplan N Foot strike patterns and ground contact times during high-calibre middle-distance races. *J Sports Sci* 2012;30(12):1275-83
617. Hayes PR and Walker A Pre-exercise stretching does not impact upon running economy. *J Strength Cond Res* 2007;21(4):1227-32
618. Hébert LJ. Évaluation de la force musculaire et dynamomètres manuels: Concepts de base et applications pratiques (3e éd.). Quebec City, Bibliothèque nationale du Québec et Bibliothèque et Archives Canada, 2011.
619. Heiderscheit. Variability of stride characteristics and joint coordination among individuals with unilateral patellofemoral pain. 2002;
620. Heiderscheit BC. Gait retraining for runners: In search of the ideal. *J Orthop Sports Phys Ther* 2011; 41(12):909-910.
621. Heiderscheit B and McClinton S Evaluation and Management of Hip and Pelvis Injuries. *Phys Med Rehabil Clin N Am* 2016;27(1):1-29
622. Heiderscheit BC, Chumanov ES, Michalski MP et al. Effects of step rate manipulation on joint mechanics during running. *Med Sci Sports Exerc* 2011; 43(2):296-302.
623. Hein T, Grau S. Can minimal running shoes imitate barefoot heel-toe running patterns? A comparison of lower leg kinematics. *J Sport Health Sci* 2014; 3(2):67-73.
624. Hein T, Schmeltzpfenning T, Krauss I et al. Using the variability of continuous relative phase as a measure to discriminate between healthy and injured runners. *Hum Mov Sci* 2012;31(3):683-94
625. Heinemeier KM, Skovgaard D, Bayer ML et al. Uphill running improves rat Achilles tendon tissue mechanical properties and alters gene expression without inducing pathological changes. *J Appl Physiol (1985)* 2012;113(5):827-36
626. Heintjes E, Berger MY, Bierma-Zeinstra SM et al. Exercise therapy for patellofemoral pain syndrome. *Cochrane Database Syst Rev* 2009; (1)
627. Heintjes E, Berger MY, Bierma-Zeinstra SM et al. Exercise therapy for patellofemoral pain syndrome. *Cochrane Database Syst Rev* 2003; (4):CD003472.
628. Heintjes E, Berger MY, Bierma-Zeinstra SM et al. Pharmacotherapy for patellofemoral pain syndrome. *Cochrane Database Syst Rev* 2004; (3):CD003470.
629. Heintjes EM, Bierma-Zeinstra SM, Berger MY et al. Lysholm scale and womac index were responsive in prospective cohort of young general practice patients. *J Clin Epidemiol* 2008; 61(5):481-488.
630. Helm. Skin problems in the long-distance runner 2500 years after the battle of marathon. 2012;
631. Helmhout PH, Diebal AR, van der Kaaden L et al. The effectiveness of a 6-week intervention program aimed at modifying running style in patients with chronic exertional compartment syndrome: Results from a series of case studies. *Orthop J Sports Med* 2015; 3(3):2325967115575691.
632. Henriksen M, Creaby MW, Lund H et al. Is there a causal link between knee loading and knee osteoarthritis progression? A systematic review and meta-analysis of cohort studies and randomised trials. *BMJ Open* 2014; 4:e005368.
633. Herbert RD and Gabriel M Effects of stretching before and after exercising on muscle soreness and risk of injury: systematic review. *BMJ* 2002;325(7362):468
634. Herbst KA, Barber Foss KD, Fader L et al. Hip strength is greater in athletes who subsequently develop patellofemoral pain. *Am J Sports Med* 2015; 43(11):2747-2752.
635. Herrington L. Does the change in q angle magnitude in unilateral stance differ when comparing asymptomatic individuals to those with patellofemoral pain? *Phys Ther Sport* 2013; 14(2):94-97.
636. Herrington L. Effect of a SERF strap on pain and knee-valgus angle during unilateral squat and step landing in patellofemoral patients. *J Sport Rehabil* 2013;22(1):27-32
637. Herrington L, Al-Sherhi A, Herrington L et al. A controlled trial of weight-bearing versus non-weight-bearing exercises for patellofemoral pain. *J Orthop Sports Phys Ther* 2007; 37(4):155-160.
638. Herrington L, Herrington L. The difference in a clinical measure of patella lateral position between individuals with patellofemoral pain and matched controls. *J Orthop Sports Phys Ther* 2008; 38(2):59-62.
639. Herzog W. Running injuries- is it a question of evolution, form, tissue properties, mileage, or shoes. 2012;
640. Hespanhol Junior LC, Costa LO, Carvalho AC et al. A description of training characteristics and its association with previous musculoskeletal injuries in recreational runners: a cross-sectional study. *Rev Bras Fisioter* 2012;16(1):46-53
641. Hespanhol Junior LC, de Carvalho AC, Costa LO, Lopes AD. Lower limb alignment characteristics are not associated with running injuries in runners: Prospective cohort study. *Eur J Sport Sci*. 2016 Nov;16(8):1137-44
642. Hespanhol Junior LC, Huisstede BM, Smits DW et al. The nlist2run study: Economic burden of running-related injuries in novice runners participating in a novice running program. *J Sci Med Sport* 2015;
643. Hespanhol Junior LC, Pena Costa LO and Lopes AD Previous injuries and some training characteristics predict running-related injuries in recreational runners: a prospective cohort study. *J Physiother* 2013;59(4):263-9
644. Hespanhol Junior LC, Pillay JD, van Mechelen W et al. Meta-analyses of the effects of habitual running on indices of health in physically inactive adults. *Sports Med* 2015; 45(10):1455-1468.
645. Hesper T, Miese FR, Hosalkar HS et al. Quantitative T2(*) assessment of knee joint cartilage after running a marathon. *Eur J Radiol* 2015;84(2):284-9
646. Hicks GE, Fritz JM, Delitto A et al. Preliminary development of a clinical prediction rule for determining which patients with low back pain will respond to a stabilization program. *Arch Phys Med Rehabil* 2005; 86:1753-1762.
647. Higgins T, Naughton GA and Burgess D Effects of wearing compression garments on physiological and performance measures in a simulated game-specific circuit for netball. *J Sci Med Sport* 2009;12(1):223-6
648. Higgins LD, Taylor MK, Park D et al. Reliability and validity of the international knee documentation committee (ikdc) subjective knee form. *Joint Bone Spine* 2007; 74(6):594-599.
649. Hill J, Howatson G, van Someren K et al. Compression garments and recovery from exercise-induced muscle damage: a meta-analysis. *Br J Sports Med* 2014;48(18):1340-6
650. Hill S, Dziedzic K, Thomas E et al. The illness perceptions associated with health and behavioural outcomes in people with musculoskeletal hand problems: Findings from the north staffordshire osteoarthritis project (norstop). *Rheumatology* 2007; 46(6):944-951.
651. Hind K, Gannon L, Whatley E et al. Bone cross-sectional geometry in male runners, gymnasts, swimmers and non-athletic controls: A hip-structural analysis study. *Eur J Appl Physiol* 2012; 112(2):535-541.
652. Hind K, Gannon L, Whatley E et al. Sexual dimorphism of femoral neck cross-sectional bone geometry in athletes and non-athletes: a hip structural analysis study. *J Bone Miner Metab* 2012;30(4):454-60
653. Hinman RS, Lentz J, Vicenzino B et al. Is patellofemoral osteoarthritis common in middle-aged people with chronic patellofemoral pain? *Arthritis Care Res (Hoboken)* 2014;66(8):1252-7
654. Hinterwimmer S, Feucht MJ, Steinbrech C et al. The effect of a six-month training program followed by a marathon run on knee joint cartilage volume and thickness in marathon beginners. *Knee Surg Sports Traumatol Arthrosc* 2014; 22(6):1353-1359.
655. Hinterwimmer S, Krammer M, Krotz M et al. Cartilage atrophy in the knees of patients after seven weeks of partial load bearing. *Arthritis Rheum* 2004; 50(8):2516-2520.
656. Hintzy F, Cavagna J and Horvais N Evolution of perceived footwear comfort over a prolonged running session. *Foot (Edinb)* 2015;25(4):220-3



657. Ho GW, Duncan MP, Thal R et al. Recalcitrant knee pain in a recreational runner. *Clin J Sport Med* 2007; 17(5):404-405.
658. Ho KY, Blanchette MG, Powers CM. The influence of heel height on patellofemoral joint kinetics during walking. *Gait Posture* 2012; 36(2):271-275.
659. Ho KY, Epstein R, Garcia R et al. Effects of patellofemoral taping on patellofemoral joint alignment and contact area during weight bearing. *J Orthop Sports Phys Ther* 2017; 47(2):115-123.
660. 3Ho KY, Hu HH, Colletti PM et al. Running-induced patellofemoral pain fluctuates with changes in patella water content. *Eur J Sport Sci* 2014; 14(6):628-634.
661. Ho KY, Hu HH, Colletti PM et al. Recreational runners with patellofemoral pain exhibit elevated patella water content. *Magn Reson Imaging* 2014; 32(7):965-968.
662. Ho KY, Keyak JH and Powers CM Comparison of patella bone strain between females with and without patellofemoral pain: a finite element analysis study. *J Biomech* 2014;47(1):230-6
663. Hobarra H, Sato T, Sakaguchi M et al. Step frequency and lower extremity loading during running. *Int J Sports Med* 2012; 33(4):310-313.
664. Hoch AZ, Pepper M and Akuthota V Stress fractures and knee injuries in runners. *Phys Med Rehabil Clin N Am* 2005;16(3):749-77
665. Noehren B, Sanchez Z, Cunningham T et al. The effect of pain on hip and knee kinematics during running in females with chronic patellofemoral pain. *Gait Posture* 2012;36(3):596-9
666. Hoerzer S, Federolf PA, Maurer C et al. Footwear Decreases Gait Asymmetry during Running. *PLoS One* 2015;10(10):e0138651
667. Hoessly ML and Wildi LM Magnetic Resonance Imaging Findings in the Knee Before and After Long-Distance Running-Documentation of Irreversible Structural Damage? A Systematic Review. *Am J Sports Med* 2017;45(5):1206-1217
668. Hoff J, Storen O, Finstad A et al. Increased Blood Lactate Level Deteriorates Running Economy in World Class Endurance Athletes. *J Strength Cond Res* 2016;30(5):1373-8
669. Hoffman MD Injuries and Health Considerations in Ultramarathon Runners. *Phys Med Rehabil Clin N Am* 2016;27(1):203-16
670. Hoffman MD, Hew-Butler T and Stuempfle KJ Exercise-associated hyponatremia and hydration status in 161-km ultramarathoners. *Med Sci Sports Exerc* 2013;45(4):784-91
671. Hoffman MD and Krishnan E Exercise behavior of ultramarathon runners: baseline findings from the ULTRA study. *J Strength Cond Res* 2013;27(11):2939-45
672. Hoffman MD and Krouse R Ultra-obligatory running among ultramarathon runners. *Res Sports Med* 2018;26(2):211-221
673. Hoffman MD and Stuempfle KJ Is Sodium Supplementation Necessary to Avoid Dehydration During Prolonged Exercise in the Heat? *J Strength Cond Res* 2016;30(3):615-20
674. Hoffman MD and Stuempfle KJ Muscle Cramping During a 161-km Ultramarathon: Comparison of Characteristics of Those With and Without Cramping. *Sports Med Open* 2015;1(1):24
675. Hoffman MD, Stuempfle KJ and Valentino T Sodium Intake During an Ultramarathon Does Not Prevent Muscle Cramping, Dehydration, Hyponatremia, or Nausea. *Sports Med Open* 2015;1(1):39
676. Hoher J, Munster A, Klein J et al. Validation and application of a subjective knee questionnaire. *Knee Surg Sports Traumatol Arthrosc* 1995; 3(1):26-33.
677. Holden S, Boreham C, Doherty C et al. Two-dimensional knee valgus displacement as a predictor of patellofemoral pain in adolescent females. *Scand J Med Sci Sports* 2015;[Epub ahead of print].
678. Hollander K, Argubi-Wollesen A, Reer R et al. Comparison of minimalist footwear strategies for simulating barefoot running: A randomized crossover study. *PloS one* 2015; 10(5):e0125880.
679. Hollander K, Riebe D, Campe S et al. Effects of footwear on treadmill running biomechanics in preadolescent children. *Gait Posture* 2014;40(3):381-5
680. Holt NC, Roberts TJ and Askew GN The energetic benefits of tendon springs in running: is the reduction of muscle work important? *J Exp Biol* 2014;217(Pt 24):4365-71
681. Hong Y, Wang L, Li JX et al. Comparison of plantar loads during treadmill and overground running. *J Sci Med Sport* 2012;15(6):554-60
682. Hohmann E, Reaburn P and Imhoff A Runner's knowledge of their foot type: do they really know? *Foot (Edinb)* 2012;22(3):205-10
683. Hohmann E, Wortler K and Imhoff AB MR imaging of the hip and knee before and after marathon running. *Am J Sports Med* 2004;32(1):55-9
684. Hoogkamer W, Kram R and Arellano CJ How Biomechanical Improvements in Running Economy Could Break the 2-hour Marathon Barrier. *Sports Med* 2017;47(9):1739-1750
685. Hoogeboom TJ, den Broeder AA, de Bie RA et al. Longitudinal impact of joint pain comorbidity on quality of life and activity levels in knee osteoarthritis: Data from the osteoarthritis initiative. *Rheumatology* 2013; 52:543-546.
686. Horvais N, Samozino P. Effect of midsole geometry on foot-strike pattern and running kinematics. *Footwear Sci* 2013; 5(2):81-89.
687. Hotta T, Nishiguchi S, Fukutani N et al. The association between plantar heel pain and running surfaces in competitive long-distance male runners. *J Sports Med Phys Fitness* 2016;56(9):1021-5
688. Howe A, Campbell A, Ng L et al. Effects of two different knee tape procedures on lower-limb kinematics and kinetics in recreational runners. *Scand J Med Sci Sports* 2015;25(4):517-24
689. Howe TE, Dawson LJ, Syme G et al. Evaluation of outcome measures for use in clinical practice for adults with musculoskeletal conditions of the knee: A systematic review. *Man Ther* 2012; 17(2):100-118.
690. Hreljac A Etiology, prevention, and early intervention of overuse injuries in runners: a biomechanical perspective. *Phys Med Rehabil Clin N Am* 2005;16(3):651-67, vi
691. Hreljac A. Impact and overuse injuries in runners. *Med Sci Sports Exerc* 2004; 36(5):845-849.
692. Hreljac A, Marshall RN, Hume PA. Evaluation of lower extremity overuse injury potential in runners. *Med Sci Sports Exerc* 2000; 32(9):1635-1641.
693. Hreljac A, Stergiou N and Scholten S Joint kinetics of the ankle and knee when running over obstacles. *J Sports Med Phys Fitness* 2005;45(4):476-82
694. Hryvniak D, Dicharry J and Wilder R Barefoot running survey: Evidence from the field. *Journal of Sport and Health Science* 2014;3(2):131-136
695. Hsu AR Topical review: barefoot running. *Foot Ankle Int* 2012;33(9):787-94
696. Hudelmaier M, Glaser C, Hohe J et al. Age-related changes in the morphology and deformational behavior of knee joint cartilage. *Arthritis Rheum* 2001; 44(11):2556-2561.
697. Hull M, Hawkins D. Analysis of muscular work in multisegmental movements: Application to cycling. In: Winters J, Woo S-Y, eds. Multiple muscle systems, biomechanics and movement organization. New York: Springer, Berlin Heidelberg; 1990:621-638.
698. Hunt MA, Takacs J. Effects of a 10-week toe-out gait modification intervention in people with medial knee osteoarthritis: A pilot, feasibility study. *Osteoarthritis Cartilage* 2014; 22(7):904-911.



699. Hunter DJ, Altman RD, Cicuttini F et al. Oarsi clinical trials recommendations: Knee imaging in clinical trials in osteoarthritis. *Osteoarthritis Cartilage* 2015; 23(5):698-715.
700. Hunter L, Louw QA and van Niekerk SM Effect of running retraining on pain, function, and lower-extremity biomechanics in a female runner with iliotibial band syndrome. *J Sport Rehabil* 2014;23(2):145-57
701. Hunter I, Seeley MK, Hopkins JT et al. EMG activity during positive-pressure treadmill running. *J Electromyogr Kinesiol* 2014;24(3):348-52
702. Hunter SK and Stevens AA Sex differences in marathon running with advanced age: physiology or participation? *Med Sci Sports Exerc* 2013;45(1):148-56
703. Hutcheson G, Sofroniou N. The multivariate social scientist: Introductory statistics using generalized linear models. London, Sage Publications, 1999.
704. Hutchison L, Scharf-billing R, Uden H et al. The effect of footwear and foot orthoses on transverse plane knee motion during running - A pilot study. *J Sci Med Sport* 2015;18(6):748-52
705. ICRC: Institut canadien de la recherche sur la condition physique et le mode de vie. <http://www.cflri.ca/> 2012;
706. Ingham SA, Fudge BW, Pringle JS et al. Improvement of 800-m running performance with prior high-intensity exercise. *Int J Sports Physiol Perform* 2013;8(1):77-83
707. Ireland ML, Willson JD, Ballantyne BT et al. Hip strength in females with and without patellofemoral pain. *J Orthop Sports Phys Ther* 2003; 33(11):671-676.
708. Irrgang JJ. Development and validation of the international knee documentation committee subjective knee form. 2001;
709. Irrgang JJ. Clinical outcomes after cartilage injury and repair. *Oper Tech Orthop* 2006; 16(4):286-291.
710. Irrgang JJ, Anderson AF, Boland AL et al. Development and validation of the international knee documentation committee subjective knee form. *Am J Sports Med* 2001; 29(5):600-613.
711. Irrgang JJ, Anderson AF, Boland AL et al. Responsiveness of the international knee documentation committee subjective knee form. *Am J Sports Med* 2006; 34(10):1567-1573.
712. Irrgang JJ, Anderson AF, Irrgang JJ et al. Development and validation of health-related quality of life measures for the knee. *Clinical Orthopaedics & Related Research* 2002; (402):95-109.
713. Irrgang JJ, Snyder-Mackler L, Wainner RS et al. Development of a patient-reported measure of function of the knee. *J Bone Joint Surg Am* 1998; 80(8):1132-1145.
714. Ishikawa M, Komi PV. The role of the stretch reflex in the gastrocnemius muscle during human locomotion at various speeds. *Journal of Applied Physiology* 2007; 103(3):1030-1036.
715. Ishikawa M, Pakaslahti J, Komi PV. Medial gastrocnemius muscle behavior during human running and walking. *Gait Posture* 2007; 25(3):380-384.
716. Iskio.ca. Récapitulatif 2015. Available at: <http://www.iskio.ca/stats/>. Accessed August 5, 2016, 2016.
717. Ismail MM, Gamaleldein MH, Hassa KA. Closed kinetic chain exercises with or without additional hip strengthening exercises in management of patellofemoral pain syndrome- a randomized controlled trial. *Eur J Phys Rehabil Med* 2013; 49(5):687-698.
718. Iversen MD, Lee B, Connell P et al. Validity and comprehensibility of the international knee documentation committee subjective knee evaluation form in children. *Scand J Med Sci Sports* 2010; 20(1):e87-95.
719. Ivkovic A, Franic M, Bojanic I et al. Overuse injuries in female athletes. *Croat Med J* 2007; 48(6):767-778.
720. Jacobs SJ, Berson BL. Injuries to runners: A study of entrants to a 10,000 meter race. *Am J Sports Med* 1986; 14(2):151-155.
721. James SL, Bates BT, Osternig LR. Injuries to runners. *Am J Sports Med* 1978; 6(2):40-50.
722. Jamison ST, McNeilan RJ, Young GS et al. Randomized controlled trial of the effects of a trunk stabilization program on trunk control and knee loading. *Med Sci Sports Exerc* 2012;44(10):1924-34
723. Jamtvedt G, Herbert RD, Flottorp S et al. A pragmatic randomised trial of stretching before and after physical activity to prevent injury and soreness. *Br J Sports Med* 2010;44(14):1002-9
724. Jangi S Under the medical tent at the Boston Marathon. *N Engl J Med* 2013;368(21):1953-5
725. Jannink M, van Dijk H, Ijzerman M et al. Effectiveness of custom-made orthopaedic shoes in the reduction of foot pain and pressure in patients with degenerative disorders of the foot. *Foot Ankle Int* 2006;27(11):974-9
726. Jassim SS, Douglas SL and Haddad FS Athletic activity after lower limb arthroplasty: a systematic review of current evidence. *Bone Joint J* 2014;96-B(7):923-7
727. Jelsing EJ, Finnoff JT, Chevillat AL et al. Sonographic evaluation of the iliotibial band at the lateral femoral epicondyle: does the iliotibial band move? *J Ultrasound Med* 2013;32(7):1199-206
728. Jelsing EJ, Finnoff J, Levy B et al. The prevalence of fluid associated with the iliotibial band in asymptomatic recreational runners: an ultrasonographic study. *PM R* 2013;5(7):563-7
729. Jenkins DW and DJ Cauthon Barefoot running claims and controversies: a review of the literature. *J Am Podiatr Med Assoc* 2011;101(3):231-46
730. Jenny JY, Diesinger Y. Validation of a french version of the oxford knee questionnaire. *Orthop Traumatol Surg Res* 2011; 97(3):267-271.
731. Jensen JF. Knee function and pain related to psychological variables in patients with long-term patellofemoral pain syndrome. 2005;
732. Jensen R, Hystad T, Baerheim A. Knee function and pain related to psychological variables in patients with long-term patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2005; 35(9):594-600.
733. Jessee AD, Gourley MM and Valovich McLeod TC Bracing and taping techniques and patellofemoral pain syndrome. *J Athl Train* 2012;47(3):358-9
734. Jeukendrup AE Carbohydrate and exercise performance: the role of multiple transportable carbohydrates. *Curr Opin Clin Nutr Metab Care* 2010;13(4):452-7
735. John R, Dhillon MS, Syam K et al. Epidemiological profile of sports-related knee injuries in northern india: An observational study at a tertiary care centre. *J Clin Orthop Trauma* 2016; 7(3):207-211.
736. Johnson AW, Myrer JW, Mitchell UH et al. The Effects of a Transition to Minimalist Shoe Running on Intrinsic Foot Muscle Size. *Int J Sports Med* 2016;37(2):154-8
737. Johnson MH, Stewart J, Humphries SA et al. Marathon runners' reaction to potassium iontophoretic experimental pain: pain tolerance, pain threshold, coping and self-efficacy. *Eur J Pain* 2012;16(5):767-74
738. Johnston R, Cahalan R, O'Keefe M et al. The associations between training load and baseline characteristics on musculoskeletal injury and pain in endurance sport populations: A systematic review. *J Sci Med Sport* 2018;21(9):910-918
739. Juchler I, Blasimann A, Baur H et al. The effect of kinesio tape on neuromuscular activity of peroneus longus. *Physiother Theory Pract* 2016;32(2):124-9
740. Juliff LE, Halson SL, Bonetti DL et al. Influence of contrast shower and water immersion on recovery in elite netballers. *J Strength Cond Res* 2014;28(8):2353-8



741. Jones RK, Chapman GJ, Parkes MJ et al. The effect of different types of insoles or shoe modifications on medial loading of the knee in persons with medial knee osteoarthritis: a randomised trial. *J Orthop Res* 2015;33(11):1646-54
742. Jones G, Ding C, Glisson M et al. Knee articular cartilage development in children: A longitudinal study of the effect of sex, growth, body composition, and physical activity. *Pediatr Res* 2003; 54(2):230-236.
743. Jones G, Glisson M, Hynes K et al. Sex and site differences in cartilage development: A possible explanation for variations in knee osteoarthritis in later life. *Arthritis Rheum* 2000; 43(11):2543-2549.
744. Junior H. A description of training characteristics and its association with previous musculoskeletal injuries in recreational runners- a cross-sectional study. 2012;
745. Jurvelin J, Kirivanta I, Tammi M et al. Effect of physical exercise on indentation stiffness of articular cartilage in the canine knee. *Int J Sports Med* 1986; 7(2):106-110.
746. Kalak N, Gerber M, Kirov R et al. Daily morning running for 3 weeks improved sleep and psychological functioning in healthy adolescents compared with controls. *J Adolesc Health* 2012; 51(6):615-622.
747. Kamper S, Maher C, Mackay G. Global rating of change scales- a review of strengths and weaknesses and considerations for design. *J Man Manip Ther* 2009; 17(3):163-170.
748. Kaplan Y Barefoot versus shoe running: from the past to the present. *Phys Sportsmed* 2014;42(7):30-5
749. Kapreli E, Panelli G, Strimpakos N et al. Cross-cultural adaptation of the greek version of the knee outcome survey--activities of daily living scale (kos-adls). *Knee* 2011; 18(6):424-427.
750. Karachalios T, Hantes M, Zibis AH et al. Diagnostic accuracy of a new clinical test (the thessaly test) for early detection of meniscal tears. *J Bone Joint Surg Am* 2005; 87(5):955-962.
751. Karamanidis K, Arampatzis A, Bruggemann GP et al. Reproducibility of electromyography and ground reaction force during various running techniques. *Gait Posture* 2004; 19(2):115-123.
752. Karlstedt E, Chelvanathan A, Da Silva M et al. The impact of repeated marathon running on cardiovascular function in the aging population. *J Cardiovasc Magn Reson* 2012;14(58)
753. Karst GM, Willett GM. Onset timing of electromyographic activity in the vastus medialis oblique and vastus lateralis muscles in subjects with and without patellofemoral pain syndrome. *Phys Ther* 1995; 75:813-823.
754. Karstoft K, Solomon TP, Laye MJ et al. Daily marathon running for a week--the biochemical and body compositional effects of participation. *J Strength Cond Res* 2013;27(11):2927-33
755. Kasmer ME, XC Liu, KG Roberts et al. The Relationship of Foot Strike Pattern, Shoe Type, and Performance in a 50-km Trail Race. *J Strength Cond Res* 2016;30(6):1633-7
756. Kasmer ME, Liu XC, Roberts KG et al. Foot-strike pattern and performance in a marathon. *Int J Sports Physiol Perform* 2013; 8(3):286-292.
757. Kastelein M, Luijsterburg PA, Heintjes EM et al. The 6-year trajectory of non-traumatic knee symptoms (including patellofemoral pain) in adolescents and young adults in general practice: A study of clinical predictors. *Br J Sports Med* 2015; 49(6):400-405.
758. Kaux JF, Drion P, Libertaux V et al. Eccentric training improves tendon biomechanical properties: a rat model. *J Orthop Res* 2013;31(1):119-24
759. Kay AD, Blazevich AJ. Effect of acute static stretch on maximal muscle performance: A systematic review. *Med Sci Sports Exerc* 2012; 44(1):154-164.
760. Kaya D and Doral MN Is there any relationship between Q-angle and lower extremity malalignment? *Acta Orthop Traumatol Turc* 2012;46(6):416-9
761. Kean CO, Bennell KL, Hinman RS et al. The role of footwear in attenuating impact loads in individuals with knee osteoarthritis. *Osteoarthritis Cartilage* 2012; 20:S98.
762. Keays R, Keays SL, Newcombe P. Premature knee osteoarthritis in the sports person: a comparison between ACL injured and uninjured athletes. *Journal of medical Imaging and Radiation Oncology* 2015; 59(1):102
763. Keays SL, Mason M and Newcombe PA Three-Year Outcome After a 1-Month Physiotherapy Program of Local and Individualized Global Treatment for Patellofemoral Pain Followed by Self-Management. *Clin J Sport Med* 2016;26(3):190-8
764. Kellgren JH, Lawrence JS. Radiological assessment of osteo-arthritis. *Ann Rheum Dis* 1957; 16(4):494-502.
765. Kelly LA, Lichtwark G and Cresswell AG Active regulation of longitudinal arch compression and recoil during walking and running. *J R Soc Interface* 2015;12(102):20141076
766. Kelly LA, Lichtwark GA, Farris DJ et al. Shoes alter the spring-like function of the human foot during running. *J R Soc Interface* 2016;13(119):
767. Kelly LA, Racinais S, Tanner CM et al. Augmented low dye taping changes muscle activation patterns and plantar pressure during treadmill running. *J Orthop Sports Phys Ther* 2010; 40(10):648-655.
768. Kemmler W, von Stengel S, Kockritz C et al. Effect of compression stockings on running performance in men runners. *J Strength Cond Res* 2009;23(1):101-5
769. Kendall FP, McCreary EK. *Muscles: Testing and function*. Baltimore (MD), Williams & Williams, 1983.
770. Kendall KD, Patel C, Wiley JP et al. Steps toward the validation of the Trendelenburg test: the effect of experimentally reduced hip abductor muscle function on frontal plane mechanics. *Clin J Sport Med* 2013;23(1):45-51
771. Kernozek TW, Meardon S, Vannatta CN. In-shoe loading in rearfoot and non-rearfoot strikers during running using minimalist footwear. *Int J Sports Med* 2014; 35(13):1112-1117.
772. Kerksick CM, Arent S, Schoenfeld BJ et al. International society of sports nutrition position stand: nutrient timing. *J Int Soc Sports Nutr* 2017;14(33)
773. Kerrigan DC, Franz JR, Keenan GS et al. The effect of running shoes on lower extremity joint torques. *PM R* 2009; 1:1058-1063.
774. Kersting UG, Stubendorff JJ, Schmidt MC et al. Changes in knee cartilage volume and serum comp concentration after running exercise. *Osteoarthritis Cartilage* 2005; 13:925-934.
775. Kessler MA, Glaser C, Tittel S et al. 2006-kessler-volume changes in the menisci and articular cartilage of runners. An in vivo investigation based on 3-d magnetic resonance imaging. *Am J Sports Med* 2006; 34(5):832-836.
776. Kessler MA, Glaser C, Tittel S et al. Recovery of the menisci and articular cartilage of runners after cessation of exercise: Additional aspects of in vivo investigation based on 3-dimensional mri. *Am J Sports Med* 2008; 36(5):966-970.
777. Kettunen JA, Harilainen A, Sandelin J et al. Knee arthroscopy and exercise versus exercise only for chronic patellofemoral pain syndrome: A randomized controlled trial. *BMC Med* 2007; 5:38.
778. Khayambashi K, Fallah A, Movahedi A et al. Posterolateral hip muscle strengthening versus quadriceps strengthening for patellofemoral pain: a comparative control trial. *Arch Phys Med Rehabil* 2014;95(5):900-7
779. Khayambashi K, Mohammadkhani Z, Ghaznavi K et al. The effects of isolated hip abductor and external rotator muscle strengthening on pain, health status, and hip strength in females with patellofemoral pain: A randomized controlled trial. *J Orthop Sports Phys Ther* 2012; 42(1):22-29.
780. Khodae M and Ansari M Common ultramarathon injuries and illnesses: race day management. *Curr Sports Med Rep* 2012;11(6):290-7
781. Khowailed IA, Petrofsky J, Lohman E et al. Six Weeks Habituation of Simulated Barefoot Running Induces Neuromuscular Adaptations and Changes in Foot Strike Patterns in Female Runners. *Med Sci Monit* 2015;21(2021-30)



782. Kim BY and Nattiv A Health Considerations in Female Runners. *Phys Med Rehabil Clin N Am* 2016;27(1):151-78
783. Kim HK, Mirjalili SA and Fernandez J Gait kinetics, kinematics, spatiotemporal and foot plantar pressure alteration in response to long-distance running: Systematic review. *Hum Mov Sci* 2018;57(342-356
784. Kirivanta I, Tammi M, Jurvelin J et al. Moderate running exercise augments glycosaminoglycans and thickness of articular cartilage in the knee joint of young beagle dogs. *J Orthop Res* 1988; 6(2):188-195.
785. Kluitenberg B, van der Worp H, Huisstede BM et al. The NLstart2run study: Training-related factors associated with running-related injuries in novice runners. *J Sci Med Sport* 2016;19(8):642-6
786. Kluitenberg B, van Middelkoop M, Verhagen E et al. The impact of injury definition on injury surveillance in novice runners. *J Sci Med Sport* 2016;19(6):470-5
787. Kmet LM, Lee RC, Cook LS. Standard quality assessment criteria for evaluating primary research papers from a variety of fields. 2004.
788. Knapik J, Brosch L, Venuto M et al. Effect on injuries of assigning shoes based on foot shape in air force basic training. *Am J Prev Med* 2010; 38(1 Suppl):S-197-211.
789. Knapik JJ, Orr R, Pope R et al. Injuries And Footwear (Part 2): Minimalist Running Shoes. *J Spec Oper Med* 2016;16(1):89-96
790. Knapik J, Swedler D, Grier T et al. Injury reduction effectiveness of selecting running shoes based on plantar shape. *J Strength Cond Res* 2009; 23(3):685-697.
791. Knapik J, Trone D, Swedler D et al. Injury reduction effectiveness of assigning running shoes based on plantar shape in marine corps basic training. *Am J Sports Med* 2010; 38(9):1759-1767.
792. Knapik J, Trone D, Tchandja J et al. Injury-reduction effectiveness of prescribing running shoes on the basis of foot arch height: Summary of military investigations. *J Orthop Sports Phys Ther* 2014; 44(10):805-812.
793. Knechtle B, Rust CA, Knechtle P et al. Does Muscle Mass Affect Running Times in Male Long-distance Master Runners? *Asian J Sports Med* 2012;3(4):247-56
794. Knoefli-Lenzin C, Waech JC, Gulay T et al. The influence of a new sole geometry while running. *J Sports Sci* 2014;32(18):1671-9
795. Knoop J, Dekker J, van der Leeden M et al. Is the severity of knee osteoarthritis on magnetic resonance imaging associated with outcome of exercise therapy? *Arthritis Care Res (Hoboken)* 2014;66(1):63-8
796. Knorz S, Kluge F, Gelse K et al. Three-Dimensional Biomechanical Analysis of Rearfoot and Forefoot Running. *Orthop J Sports Med* 2017;5(7):232596711719065
797. Knutson GA Anatomic and functional leg-length inequality: a review and recommendation for clinical decision-making. Part II. The functional or unloaded leg-length asymmetry. *Chiropr Osteopat* 2005;13(12
798. Kobayashi LC, Janssen I, Richardson H et al. Moderate-to-vigorous intensity physical activity across the life course and risk of pre- and post-menopausal breast cancer. *Breast Cancer Res Treat* 2013;139(3):851-61
799. Kobayashi S, Pappas E, Fransen M et al. The prevalence of patellofemoral osteoarthritis: A systematic review and meta-analysis. *Osteoarthritis Cartilage* 2016; 24(10):1697-1707.
800. Kocher MS, Smith JT, Iversen MD et al. Reliability, validity, and responsiveness of a modified international knee documentation committee subjective knee form (pedi-ikdc) in children with knee disorders. *Am J Sports Med* 2011; 39(5):933-939.
801. Kocher MS, Steadman JR, Briggs KK et al. Reliability, validity, and responsiveness of the Iysholm knee scale for various chondral disorders of the knee. *Journal of Bone & Joint Surgery - American Volume* 2004; 86-A(6):1139-1145.
802. Kodama S, Saito K, Tanaka S et al. Cardiorespiratory fitness as a quantitative predictor of all-cause mortality and cardiovascular events in healthy men and women: A meta-analysis. *JAMA* 2009; 301(19):2024-2035.
803. Koli J, Multanen J, Kujala UM et al. Effect of exercise on patellar cartilage in women with mild knee osteoarthritis. *Med Sci Sports Exerc* 2015; 47(9):1767-1774.
804. Kollock RO, Andrews C, Johnston A et al. A Meta-Analysis to Determine if Lower Extremity Muscle Strengthening Should Be Included in Military Knee Overuse Injury-Prevention Programs. *J Athl Train* 2016;51(11):919-926
805. Komi PV, Gollhofer A, Schmidblicher D et al. Interaction between man and shoe in running: Considerations for a more comprehensive measurement approach. *Int J Sports Med* 1987; 8(3):196-202.
806. Kong PW, Candelaria NG, Smith DR. Running in new and worn shoes: A comparison of three types of cushioning footwear. *Br J Sports Med* 2009; 43(10):745-749.
807. Kong PW, Koh TM, Tan WC et al. Unmatched perception of speed when running overground and on a treadmill. *Gait Posture* 2012; 36(1):46-48.
808. Konrad P. The abc of emg: A practical introduction to kinesiological electromyography. Scottsdale, AZ: 2005.
809. Konradsen L, Berg EM, Sondergaard L. Long distance running and osteoarthritis. *Am J Sports Med* 1990; 18(4):379-381.
810. Kooiker I, Van De Port IG, Weir A et al. Effects of physical therapist-guided quadriceps-strengthening exercises for the treatment of patellofemoral pain syndrome: A systematic review. *J Orthop Sports Phys Ther* 2014; 44(6):391.
811. Kornaat PR and Van de Velde SK Bone marrow edema lesions in the professional runner. *Am J Sports Med* 2014;42(5):1242-6
812. Kowalski E and Li JX Lower limb joint angles and ground reaction forces in forefoot strike and rearfoot strike runners during overground downhill and uphill running. *Sports Biomech* 2016;15(4):497-512
813. Krabak BJ, Snitily B and Milani CJ Running Injuries During Adolescence and Childhood. *Phys Med Rehabil Clin N Am* 2016;27(1):179-202
814. Krabak BJ, Waite B and Lipman G Injury and illnesses prevention for ultramarathoners. *Curr Sports Med Rep* 2013;12(3):183-9
815. Kraemer WJ, Bush JA, Wickham RB et al. Influence of compression therapy on symptoms following soft tissue injury from maximal eccentric exercise. *J Orthop Sports Phys Ther* 2001;31(6):282-90
816. Kram R, Franz JR. Is barefoot running more economical? *Int J Sports Med* 2012; 33(3):249; author reply 250.
817. Krampala W, Mayrhofer R, Malcher J et al. Mr imaging of the knee in marathon runners before and after competition. *Skeletal Radiol* 2001; 30:72-76.
818. Krampala WW, Newkila SP, Kroener AH et al. Changes in magnetic resonance tomography in the knee joints of marathon runners: A 10-year longitudinal study. *Skeletal Radiol* 2008; 37:619-626.
819. Kruisdijk FR, Hendriksen LM, Tak ECPM et al. Effect of running therapy on depression (effort-d). Design of a randomised controlled trial in adult patients [jsrctn 1894]. *BMC Public Health* 2012; 12(1):50.
820. Krzysztof M and Mero A A kinematics analysis of three best 100 m performances ever. *J Hum Kinet* 2013;36(149-60
821. Kubo K, Miyazaki D, Yamada K et al. Are the knee and ankle angles at contact related to the tendon properties of lower limbs in long distance runners? *Springerplus* 2016;5(151
822. Kubo K, Miyazaki D, Yamada K et al. Passive and active muscle stiffness in plantar flexors of long distance runners. *J Biomech* 2015;48(10):1937-43
823. Kubo K, Miyazaki D, Shimoju S et al. Relationship between elastic properties of tendon structures and performance in long distance runners. *Eur J Appl Physiol* 2015;115(8):1725-33



824. Kubo K, Miyazaki D, Tanaka S et al. Relationship between Achilles tendon properties and foot strike patterns in long-distance runners. *J Sports Sci* 2015;33(7):665-9
825. Kuhman D, Melcher D, Paquette MR. Ankle and knee kinetics between strike patterns at common training speeds in competitive male runners. *Eur J Sport Sci* 2016; 16(4):433-440.
826. Kuhman DJ, Paquette MR, Peel SA et al. Comparison of ankle kinematics and ground reaction forces between prospectively injured and uninjured collegiate cross country runners. *Hum Mov Sci* 2016;47(9-15
827. Kumar D, McDermott K, Feng H et al. Effects of Form-Focused Training on Running Biomechanics: A Pilot Randomized Trial in Untrained Individuals. *PM R* 2015;7(8):814-22
828. Kujala UM, Jaakkola LH, Koskinen SK et al. Scoring of patellofemoral disorders. *Arthroscopy* 1993; 9(2):159-163.
829. Kulig K, Burnfield JM, Reischl S et al. Effect of foot orthoses on tibialis posterior activation in persons with pes planus. *Med Sci Sports Exerc* 2005;37(1):24-9
830. Kulmala JP, Avela J, Pasanen K et al. Forefoot strikers exhibit lower running-induced knee loading than rearfoot strikers. *Med Sci Sports Exerc* 2013; 45(12):2306-2313.
831. Kumar D, Manal KT, Rudolph KS. Knee joint loading during gait in healthy controls and individuals with knee osteoarthritis. *Osteoarthritis Cartilage* 2013; 21(2):298-305.
832. Kuru T, Dereli EE, Yaliman A. Validity of the turkish version of the kujala patellofemoral score in patellofemoral pain syndrome. *Acta Orthop Traumatol Turc* 2010; 44(2):152-156.
833. Kuru T, Yaliman A and Dereli EE Comparison of efficiency of Kinesio(R) taping and electrical stimulation in patients with patellofemoral pain syndrome. *Acta Orthop Traumatol Turc* 2012;46(5):385-92
834. Kurz E and Anders C Effects of wearing lower leg compression sleeves on locomotion economy. *J Sports Sci* 2018;36(18):2105-2110
835. Kurz MJ and Stergiou N The spanning set indicates that variability during the stance period of running is affected by footwear. *Gait Posture* 2003;17(2):132-5
836. Kutzner I, Stephan D, Dymke J et al. The influence of footwear on knee joint loading during walking--in vivo load measurements with instrumented knee implants. *J Biomech* 2013;46(4):796-800
837. Kyrolainen H, Avela J, Komi PV et al. Changes in muscle activity with increasing running speed. *J Sport Sci* 2005; 23(10):1101-1109.
838. Lack S, Barton C, Malliaras P et al. The effect of anti-pronation foot orthoses on hip and knee kinematics and muscle activity during a functional step-up task in healthy individuals: a laboratory study. *Clin Biomech (Bristol, Avon)* 2014;29(2):177-82
839. Lack S, Barton C, Sohan O et al. Proximal muscle rehabilitation is effective for patellofemoral pain: A systematic review with meta-analysis. *Br J Sports Med* 2015; 49(21):1365-1376.
840. Lack S, Barton C, Vicenzino B et al. Outcome predictors for conservative patellofemoral pain management: A systematic review and meta-analysis. *Sports Med* 2014; 44(12):1703-1716.
841. Lack S, Barton C, Woledge R et al. The immediate effects of foot orthoses on hip and knee kinematics and muscle activity during a functional step-up task in individuals with patellofemoral pain. *Clin Biomech (Bristol, Avon)* 2014;29(9):1056-62
842. Lafeber FPJG, Intema F, Van Roermund PMV et al. Lafeber-unloading joints to treat osteoarthritis, including joint distraction. *Curr Opin Rheumatol* 2006; 18(5):519-525.
843. Landreneau LL, Watts K, Heitzman JE et al. Lower limb muscle activity during forefoot and rearfoot strike running techniques. *Int J Sports Phys Ther* 2014;9(7):888-97
844. Lane NE, Bloch DA, Hubert HB et al. Running, osteoarthritis, and bone density: Initial 2-year longitudinal study. *Am J Sports Med* 1990; 88(5):452-459.
845. Langley B, Cramp M and Morrison SC Selected static foot assessments do not predict medial longitudinal arch motion during running. *J Foot Ankle Res* 2015;8(56
846. Lankhorst NE, Bierma-Zeinstra SM and van Middelkoop M Factors associated with patellofemoral pain syndrome: a systematic review. *Br J Sports Med* 2013;47(4):193-206
847. Lankhorst NE, Bierma-Zeinstra SM, van Middelkoop M. Risk factors for patellofemoral pain syndrome: A systematic review. *J Orthop Sports Phys Ther* 2012; 42(2):81-94.
848. Lankhorst NE, Van Middelkoop M, Van Trier YDM et al. Can we predict which patients with patellofemoral pain are more likely to benefit from exercise therapy? A secondary exploratory analysis of a randomized controlled trial. *J Orthop Sports Phys Ther* 2015; 45(3):183-189.
849. Lankhorst N, Middelkoop M, D M Van Trier et al. Can We Predict Which Patients With Patellofemoral Pain Are More Likely to Benefit From Exercise Therapy? A Secondary Exploratory Analysis of a Randomized Controlled Trial. *The Journal of orthopaedic and sports physical therapy* 2015; 45:1-24
850. Laprade JA, Culham EG. A self-administered pain severity scale for patellofemoral pain syndrome. *Clin Rehabil* 2002; 16(7):780-788.
851. LaRoche DP and Connolly DA Effects of stretching on passive muscle tension and response to eccentric exercise. *Am J Sports Med* 2006;34(6):1000-7
852. Larson P Comparison of foot strike patterns of barefoot and minimally shod runners in a recreational road race. *Journal of Sport and Health Science* 2014;3(2):137-142
853. Larson P, Higgins E, Kaminski J et al. Foot strike patterns of recreational and sub-elite runners in a long-distance road race. *J Sports Sci* 2011; 29(15):1665-1673.
854. Latey PJ, Burns J, Hiller C et al. Relationship between intrinsic foot muscle weakness and pain: a systematic review. *Journal of Foot and Ankle Research* 2014;7(Suppl 1):A51-A51
855. Latorre-Roman PA, Garcia Pinillos F, Bujalance-Moreno P et al. Acute effects of high-intensity intermittent training on kinematics and foot strike patterns in endurance runners. *J Sports Sci* 2017;35(13):1247-1254
856. Law RY and Herbert RD Warm-up reduces delayed onset muscle soreness but cool-down does not: a randomised controlled trial. *Aust J Physiother* 2007;53(2):91-5
857. Lawrence RC, Felson DT, Helmick CG et al. Estimates of the prevalence of arthritis and other rheumatic conditions in the united states. Part ii. *Arthritis Rheum* 2008; 58(1):26-35.
858. Leardini A, Cappozzo A, Catani F et al. Validation of a functional method for the estimation of hip joint centre location. *J Biomech* 1999; 32(1):99-103.
859. Lee SY and Hertel J Effect of static foot alignment on plantar-pressure measures during running. *J Sport Rehabil* 2012;21(2):137-43
860. Lee CH, Ha CW, Kim S et al. A novel patellofemoral scoring system for patellofemoral joint status. *J Bone Joint Surg Am* 2013; 95(7):620-626.
861. Lee SE and Cho SH The effect of McConnell taping on vastus medialis and lateralis activity during squatting in adults with patellofemoral pain syndrome. *J Exerc Rehabil* 2013;9(2):326-30
862. Lee SP, Souza RB, Powers CM. The influence of hip abductor muscle performance on dynamic postural stability in females with patellofemoral pain. *Gait Posture* 2012; 36(3):425-429.
863. Lee TQ, Morris G, Csintalan RP. The influence of tibial and femoral rotation on patellofemoral contact area and pressure. *J Orthop Sports Phys Ther* 2003; 33:686-693.



864. Leech RD, Edwards KL, Batt ME. Does running protect against knee osteoarthritis? Or promote it? Assessing the current evidence. *Br J Sports Med* 2015; 49(21):1355-1356.
865. Leeder JD, van Someren KA, Bell PG et al. Effects of seated and standing cold water immersion on recovery from repeated sprinting. *J Sports Sci* 2015;33(15):1544-52
866. Léger L, Boucher R. An indirect continuous running multistage field test: The université de montréal track test. *Can J Appl Sport Sci* 1980; 5(2):77-84.
867. Leibbrandt DC and Louw QA The use of McConnell taping to correct abnormal biomechanics and muscle activation patterns in subjects with anterior knee pain: a systematic review. *J Phys Ther Sci* 2015;27(7):2395-404
868. Leigh RJ, Pohl MB and Ferber R Does tester experience influence the reliability with which 3D gait kinematics are collected in healthy adults? *Phys Ther Sport* 2014;15(2):112-6
869. Leitch. Joint kinematics in runners with patellofemoral pain syndrome. 2012;
870. Leiter JR, MacDonald L, McRae S et al. Intrinsic stresses on bone and cartilage in the normal and anterior cruciate ligament-reconstructed knee before and after a half marathon: a magnetic resonance imaging analysis. *Clin J Sport Med* 2012;22(5):439-42
871. Lenhart R, Thelen D, Heiderscheit B. Hip muscle loads during running at various step rates. *J Orthop Sports Phys Ther* 2014; 44(10):766-774, A761-764.
872. Lenhart RL, Thelen DG, Wille CM et al. Increasing running step rate reduces patellofemoral joint forces. *Med Sci Sports Exerc* 2014; 46(3):557-564.
873. Lenskjold A, Kongsgaard M, Larsen JO et al. The influence of physical activity during youth on structural and functional properties of the Achilles tendon. *Scand J Med Sci Sports* 2015;25(1):25-31
874. Leoz-Abaurrea I, Santos-Concejero J, Grobler L et al. Running Performance While Wearing a Heat Dissipating Compression Garment in Male Recreational Runners. *J Strength Cond Res* 2016;30(12):3367-3372
875. Levy DM, Kuhns BD, Frank RM et al. High Rate of Return to Running for Athletes After Hip Arthroscopy for the Treatment of Femoroacetabular Impingement and Capsular Plication. *Am J Sports Med* 2017;45(1):127-134
876. Lewinson RT, Fukuchi A, Worobets JT et al. The effects of wedged footwear on lower limb frontal plane biomechanics during running. *Clin J Sport Med* 2013; 23:208-215.
877. Lewinson RT, Wiley JP, Humble RN et al. Altering Knee Abduction Angular Impulse Using Wedged Insoles for Treatment of Patellofemoral Pain in Runners: A Six-Week Randomized Controlled Trial. *PLoS One* 2015;10(7):e0134461
878. Lewinson RT, Worobets JT, Stefanyshyn D. Control conditions for footwear insole and orthotic research. *Gait Posture* 2016; 48:99-105.
879. Lewinson RT, Worobets JT, Stefanyshyn DJ. Knee abduction angular impulses during prolonged running with wedged insoles. *Proceedings of the Institution of Mechanical Engineers. Part H, Journal of engineering in medicine* 2013; 227(7):811-814.
880. Lewis DP, Hoffman MD, Stumpfle KJ et al. The need for salt: does a relationship exist between cystic fibrosis and exercise-associated hyponatremia? *J Strength Cond Res* 2014;28(3):807-13
881. Li X, Wyatt C, Rivoire J et al. Simultaneous acquisition of T1rho and T2 quantification in knee cartilage: Repeatability and diurnal variation. *J Magn Reson Imaging* 2014; 39(5):1287-1293.
882. Liang MH, Lew RA, Stucki G et al. Measuring clinically important changes with patient-oriented questionnaires. *Medical Care* 2002; 40(4 Suppl):145-51.
883. Lichtwark. Achilles tendon (3d)- do the mechanical properties of tendon change in response to exercise. 2012;
884. Lieberman DE Strike type variation among Tarahumara Indians in minimal sandals versus conventional running shoes. *Journal of Sport and Health Science* 2014;3(2):86-94
885. Lieberman DE. What we can learn about running from barefoot running: An evolutionary medical perspective. *Exerc Sport Sci Rev* 2012; 40(2):63-72.
886. Lieberman DE, Castillo ER, Otárola-Castillo E et al. Variation in Foot Strike Patterns among Habitually Barefoot and Shod Runners in Kenya. *PLoS One* 2015;10(7):e0131354
887. Lieberman DE, Venkadesan M, Werbel WA et al. Foot strike patterns and collision forces in habitually barefoot versus shod runners. *Nature* 2010; 463(7280):531-535.
888. Lieberman DE, Venkadesan M, Werbel WA et al. Foot strike patterns and collision forces in habitually barefoot versus shod runners. *Nature* 2010; 463(7280):531-535.
889. Lieberman DE, Warren AG, Wang J et al. Effects of stride frequency and foot position at landing on braking force, hip torque, impact peak force and the metabolic cost of running in humans. *J Exp Biol* 2015;218(Pt 21):3406-14
890. Liem BC, Trussell HJ and Harrast MA Rehabilitation and return to running after lower limb stress fractures. *Curr Sports Med Rep* 2013;12(3):200-7
891. Lilley K, Stiles V, Dixon S. The influence of motion control shoes on the running gait of mature and young females. *Gait Posture* 2013; 37(3):331-335.
892. Linstone H, Turoff M. The delphi method: Technique and applications. London, Addison-Wesley Publishing Company, 1975.
893. Lipman GS, Krabak BJ, Rundell SD et al. Incidence and Prevalence of Acute Kidney Injury During Multistage Ultramarathons. *Clin J Sport Med* 2016;26(4):314-9
894. Liporaci RF, Saad MC, Felicio LR et al. Contribution of the evaluation of the clinical signals in patients with patellofemoral pain syndrome. *Acta Ortop Bras* 2013;21(4):198-201
895. Lippi G, Sclena F, Salvagno GL et al. Foot-strike haemolysis after a 60-km ultramarathon. *Blood Transfus* 2012;10(3):377-83
896. Lisman P, O'Connor FG, Deuster PA et al. Functional movement screen and aerobic fitness predict injuries in military training. *Med Sci Sports Exerc* 2013;45(4):636-43
897. Lo G, Musa S, Driban J et al. Running does not increase symptoms or structural progression in people with knee osteoarthritis: Data from the osteoarthritis initiative. *Clin Rheumatol* 2018; May 4:Epub ahead of print.
898. Lo GH, Driban JB, Kriska AM et al. Is there an association between a history of running and symptomatic knee osteoarthritis? A cross-sectional study from the osteoarthritis initiative. *Arthritis Care Res* 2017; 69(2):183-191.
899. Lo GH, Driban JB, Kriska AM et al. Habitual running does not increase risk for symptom or structure progression in those with pre-existing knee osteoarthritis: Data from the osteoarthritis initiative. *Osteoarthritis Cartilage* 2015; 23:A29.
900. Locquet M, Beaudart C, Larbuisson R et al. Self-Administration of Medicines and Dietary Supplements Among Female Amateur Runners: A Cross-Sectional Analysis. *Adv Ther* 2017;33(12):2257-2268
901. Locquet M, Beaudart C, Larbuisson R et al. Self-Medication Practice among Amateur Runners: Prevalence and Associated Factors. *J Sports Sci Med* 2016;15(2):387-8
902. Loew LM, Brosseau L, Tugwell P et al. Deep transverse friction massage for treating lateral elbow or lateral knee tendinitis. *Cochrane Database Syst Rev* 2014;11:CD003528
903. Logan CA, Bhashyam AR, Tisosky AJ et al. Systematic review of the effect of taping techniques on patellofemoral pain syndrome. *Sports Health* 2017; 9(5):456-461.
904. Lopes AD, Hespanhol Junior LC, Yeung SS et al. What are the main running-related musculoskeletal injuries? A Systematic Review. *Sports Med* 2012;42(10):891-905



905. Lopez RM, Casa DJ, Jensen KA et al. Comparison of Two Fluid Replacement Protocols During a 20-km Trail Running Race in the Heat. *J Strength Cond Res* 2016;30(9):2609-16
906. Lohman EB, 3rd, Balan Sackiriyas KS, Swen RW. A comparison of the spatiotemporal parameters, kinematics, and biomechanics between shod, unshod, and minimally supported running as compared to walking. *Phys Ther Sport* 2011; 12(4):151-163.
907. Lorenz DS and Pontillo M Is there evidence to support a forefoot strike pattern in barefoot runners? A review. *Sports Health* 2012;4(6):480-4
908. Lorimer AV and Hume PA Stiffness as a Risk Factor for Achilles Tendon Injury in Running Athletes. *Sports Med* 2016;46(12):1921-1938
909. Loudon JK, Parkerson-Mitchell AJ, Hildebrand LD et al. Functional movement screen scores in a group of running athletes. *J Strength Cond Res* 2014;28(4):909-13
910. Noehren B, Sanchez Z, Cunningham T et al. The effect of pain on hip and knee kinematics during running in females with chronic patellofemoral pain. *Gait Posture* 2012;36(3):596-9
911. Louw M, Deary C. The biomechanical variables involved in the aetiology of iliotibial band syndrome in distance runners - A systematic review of the literature. *Phys Ther Sport*. 2014;15(1):64-75.
912. Low D, Harsley P, Shaw M et al. The effect of heavy resistance exercise on repeated sprint performance in youth athletes. *J Sports Sci* 2015;33(10):1028-34
913. Lowery RP, Joy JM, Brown LE et al. Effects of static stretching on 1-mile uphill run performance. *J Strength Cond Res* 2014;28(1):161-7
914. Lu L and Wang Y Effects of exercises on knee cartilage volume in young healthy adults: a randomized controlled trial. *Chin Med J (Engl)* 2014;127(12):2316-21
915. Lu L, Wang Y. Effects of exercises on knee cartilage volume in young healthy adults a randomized controlled trial. *Chin Med J* 2014; 127(12):2316-2321.
916. Lu YM, Lin JH, Hsiao SF et al. The relative and absolute reliability of leg muscle strength testing by a handheld dynamometer. *J Strength Cond Res* 2010; 25(4):1065-1071.
917. Luc B, Gribble PA and Pietrosimone BG Osteoarthritis prevalence following anterior cruciate ligament reconstruction: a systematic review and numbers-needed-to-treat analysis. *J Athl Train* 2014;49(6):806-19
918. Lucas-Cuevas AG, Priego Quesada JI, Gimenez JV et al. Can Graduated Compressive Stockings Reduce Muscle Activity During Running? *Res Q Exerc Sport* 2017;88(2):223-229
919. Lucas-Cuevas AG, Priego Quesada JI, Gimenez JV et al. Initiating running barefoot: Effects on muscle activation and impact accelerations in habitually rearfoot shod runners. *Eur J Sport Sci* 2016;16(8):1145-52
920. Luedke LE, Heiderscheit BC, Williams DS et al. Influence of step rate on shin injury and anterior knee pain in high school runners. *Med Sci Sports Exerc* 2016; 48(7):1244-1250.
921. Luedke LE, Heiderscheit BC, Williams DSB et al. Association of isometric strength of hip and knee muscles with injury risk in high school cross country runners. *Int J Sports Phys Ther* 2015; 10(6):868-876.
922. Luke AC, Stehling C, Stahl R et al. High-field magnetic resonance imaging assessment of articular cartilage before and after marathon running: Does long-distance running lead to cartilage damage? *Am J Sports Med* 2010; 38(11):2273-2280.
923. Lun V, Meeuwisse WH, Stergiou P et al. Relation between running injury and static lower limb alignment in recreational runners. *Br J Sports Med* 2004; 38(5):576-580.
924. Lunn WR, Pasiakos SM, Colletto MR et al. Chocolate milk and endurance exercise recovery: protein balance, glycogen, and performance. *Med Sci Sports Exerc* 2012;44(4):682-91
925. Lussiana T, Fabre N, Hebert-Losier K et al. Effect of slope and footwear on running economy and kinematics. *Scand J Med Sci Sports* 2013;23(4):e246-53
926. Lussiana T, Hebert-Losier K, Millet GP et al. Biomechanical changes during a 50-minute run in different footwear and on various slopes. *J Appl Biomech* 2016; 32(1):40-49.
927. Lussiana T, Hébert-Losier K and Mourot L Effect of minimal shoes and slope on vertical and leg stiffness during running. *Journal of Sport and Health Science* 2015;4(2):195-202
928. Lyght M, Nockerts M, Kozekov TW et al. Effects of foot strike and step frequency on achilles tendon stress during running. *J Appl Biomech* 2016; 32(4):365-372.
929. Lysholm J, Wiklander J. Injuries in runners. *Am J Sports Med* 1987; 15(2):168-171.
930. Macdermid PW, Fink PW and Stannard SR Shock attenuation, spatio-temporal and physiological parameter comparisons between land treadmill and water treadmill running. *Journal of Sport and Health Science* 2017;6(4):482-488
931. Macera CA, Pate RR, Powell KE et al. Predicting lower-extremity injuries among habitual runners. *Arch Intern Med* 1989; 149:2565-2568.
932. Machida M and Takemasa T Ibuprofen administration during endurance training cancels running-distance-dependent adaptations of skeletal muscle in mice. *J Physiol Pharmacol* 2010;61(5):559-63
933. Macintyre JG, Taunton JE, Clement DB et al. Running injuries: A clinical study of 4173 cases. *Clin J Sport Med* 1991; 1:81-87.
934. MacLellan M, McFadyen B. Proximal lower limb muscle energetics and the adaptation of segment elevation angle phasing for obstacle avoidance. *Gait Posture* 2013; 37(2):274-279.
935. Macri EM, Stefanik JJ, Khan KK et al. Is Tibiofemoral or Patellofemoral Alignment or Trochlear Morphology Associated With Patellofemoral Osteoarthritis? A Systematic Review. *Arthritis Care Res (Hoboken)* 2016;68(10):1453-70
936. MacWilliams BA, Rozumalski A, Swanson AN et al. Three-dimensional lumbar spine vertebral motion during running using indwelling bone pins. *Spine (Phila Pa 1976)* 2014;39(26):E1560-5
937. Madeleine P, Hoej BP, Fernandez-de-Las-Penas C et al. Pressure pain sensitivity changes after use of shock-absorbing insoles among young soccer players training on artificial turf: a randomized controlled trial. *J Orthop Sports Phys Ther* 2014;44(8):587-94
938. Mafart B Hallux valgus in a historical French population: paleopathological study of 605 first metatarsal bones. *Joint Bone Spine* 2007;74(2):166-70
939. Maffulli N, Oliva F, Testa V et al. Multiple percutaneous longitudinal tenotomies for chronic Achilles tendinopathy in runners: a long-term study. *Am J Sports Med* 2013;41(9):2151-7
940. Magalhaes E, Fukuda TY, Sacramento SN et al. A comparison of hip strength between sedentary females with and without patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2010; 40(10):641-647.
941. Magalhaes E, Silva AP, Sacramento SN et al. Isometric strength ratios of the hip musculature in females with patellofemoral pain: A comparison to painfree controls. *J Strength Cond Res* 2012;
942. Magee DJ. Orthopedic physical assessment enhanced edition, 4th edition. St. Louis, MO, Saunders Elsevier, 2006.
943. Magnan B, Bondi M, Pierantoni S et al. The pathogenesis of Achilles tendinopathy: a systematic review. *Foot Ankle Surg* 2014;20(3):154-9
944. Magro-Malosso ER, Saccone G, Di Mascio D et al. Exercise during pregnancy and risk of preterm birth in overweight and obese women: a systematic review and meta-analysis of randomized controlled trials. *Acta Obstet Gynecol Scand* 2017;96(3):263-273



945. Magrum E and RP Wilder Evaluation of the injured runner. *Clin Sports Med* 2010;29(3):331-45
946. Mahoney SE, Carnes AD, W@Ejicki TR et al. Habitual Dietary Intake among Recreational Ultra-Marathon Runners: Role of Macronutrients on Performance. *Journal of Food and Nutrition Research* 2016;4(4):205-209
947. Majewski M, Susanne H, Klaus S et al. Epidemiology of athletic knee injuries: A 10-year study. *Knee* 2006; 13(3):184-188.
948. Malisoux L, N Chambon, N Delattre et al. Injury risk in runners using standard or motion control shoes: a randomised controlled trial with participant and assessor blinding. *Br J Sports Med* 2016;50(8):481-7
949. Malisoux L, Nielsen RO, Urhausen A et al. A step towards understanding the mechanisms of running-related injuries. *J Sci Med Sport* 2015;18(5):523-8
950. Malisoux L, Ramesh J, Mann R et al. Can parallel use of different running shoes decrease running-related injury risk? *Scand J Med Sci Sports* 2015; 25(1):110-115.
951. Malliaras P, Cook J, Purdam C et al. Patellar tendinopathy: Clinical diagnosis, load management, and advice for challenging case presentations. *J Orthop Sports Phys Ther* 2015; 45(11):887-898.
952. Manal K. An electromyogram-driven musculoskeletal model of the knee to predict in vivo joint contact forces during normal and novel gait patterns. *J Biomech Eng* 2013; 135(2):021014.
953. Manal K. A more informed evaluation of medial compartment loading-the combined use of the knee adduction and flexor moments. *Osteoarthritis Cartilage* 2015; 23(7):1107-1111.
954. Manek NJ, Hart D, Spector TD et al. The association of body mass index and osteoarthritis of the knee joint: An examination of genetic and environmental influences. *Arthritis Rheum* 2003; 48(4):1024-1029.
955. Mann R, Malisoux L, Nuhrenborger C et al. Association of previous injury and speed with running style and stride-to-stride fluctuations. *Scand J Med Sci Sports* 2015;25(6):e638-45
956. Mann R, Malisoux L, Urhausen A et al. Plantar pressure measurements and running-related injury: A systematic review of methods and possible associations. *Gait Posture* 2016;47(1-9
957. Mann R, Malisoux L, Urhausen A et al. The effect of shoe type and fatigue on strike index and spatiotemporal parameters of running. *Gait Posture* 2015;42(1):91-5
958. Mann R, Meijer K, Malisoux L et al. FLUCTUATIONS IN STRIKE INDEX AND SPATIOTEMPORAL PARAMETERS IN PREVIOUSLY INJURED VS UNINJURED RUNNERS. *British Journal of Sports Medicine* 2014;48(7):632-633
959. Mann RA, Moran GT, Dougherty SE. Comparative electromyography of the lower extremity in jogging, running, and sprinting. *Am J Sports Med* 1986; 14(6):501-510.
960. Marques-Jimenez D, Calleja-Gonzalez J, Arratibel I et al. Are compression garments effective for the recovery of exercise-induced muscle damage? A systematic review with meta-analysis. *Physiol Behav* 2016;153(133-48
961. Marsolais D, Duchesne E, Cote CH et al. Inflammatory cells do not decrease the ultimate tensile strength of intact tendons in vivo and in vitro: protective role of mechanical loading. *J Appl Physiol* (1985) 2007;102(1):11-7
962. Marti B, Vader JP, Minder CE et al. On the epidemiology of running injuries: The 1984 bern grand-prix study. *Am J Sports Med* 1988; 16(3):285-294.
963. Martinez Silván D, Johnson A and Tramullas A Skeletal maturity as injury risk factor in adolescent elite track and field athletes. *Orthopaedic Journal of Sports Medicine* 2018;6(6 _suppl3):2325967118S00038
964. Marx RG, Jones EC, Allen AA et al. Reliability, validity, and responsiveness of four knee outcome scales for athletic patients. *Journal of Bone & Joint Surgery - American Volume* 2001; 83-A(10):1459-1469.
965. Marx RG, Menezes A, Horovitz L et al. A comparison of two time intervals for test-retest reliability of health status instruments. *J Clin Epidemiol* 2003; 56(8):730-735.
966. Marx RG, Stump TJ, Jones EC et al. Development and evaluation of an activity rating scale for disorders of the knee. *Am J Sports Med* 2001; 29(2):213-218.
967. Mason JJ, Leszko F, Johnson T et al. Patellofemoral joint forces. *J Biomech* 2008; 41(11):2337-2348.
968. Mason M, Keays SL, Newcombe PA. The effect of taping, quadriceps strengthening and stretching prescribed separately or combined on patellofemoral pain. *Physiother Res Int* 2011; 16(2):109-119.
969. Mastalerz A, Urbanik C, Iwanska D et al. P 034 - the effect of treadmill geometry on muscle fatigue. *Gait Posture* 2018;
970. Masters KS, Ogles BM and Jolton JA The development of an instrument to measure motivation for marathon running: the Motivations of Marathoners Scales (MOMS). *Res Q Exerc Sport* 1993;64(2):134-43
971. Matcuk GR, Jr., Mahanty SR, Skalski MR et al. Stress fractures: pathophysiology, clinical presentation, imaging features, and treatment options. *Emerg Radiol* 2016;23(4):365-75
972. Matthews SC, Narotsky DL, Bernholt DL et al. Mortality among marathon runners in the United States, 2000-2009. *Am J Sports Med* 2012;40(7):1495-500
973. Matthews M, Rathleff MS, Claus A et al. Can we predict treatment outcome for people with patellofemoral pain? A systematic review on prognostic factors and treatment effect modifiers. *Br J Sports Med* 2016 Dec 13: Epub ahead of print.
974. Maughan RJ and Burke LM Practical nutritional recommendations for the athlete. *Nestle Nutr Inst Workshop Ser* 2011;69(131-49
975. Maurer C, Stief F, Jonas A et al. Influence of the Lower Jaw Position on the Running Pattern. *PLoS One* 2015;10(8):e0135712
976. Mays SA Paleopathological study of hallux valgus. *Am J Phys Anthropol* 2005;126(2):139-49
977. McCallion C, Donne B, Fleming N et al. Acute differences in foot strike and spatiotemporal variables for shod, barefoot or minimalist male runners. *J Sports Sci Med* 2014;13(2):280-6
978. McCarthy C, Fleming N, Donne B et al. 12 weeks of simulated barefoot running changes foot-strike patterns in female runners. *Int J Sports Med* 2014; 35(5):443-450.
979. McCarthy C, Fleming N, Donne B et al. Barefoot running and hip kinematics: Good news for the knee? *Med Sci Sports Exerc* 2015; 47(5):1009-1016.
980. McCarthy MM, Strickland SM. Patellofemoral pain: An update on diagnostic and treatment options. *Curr Rev Musculoskelet Med* 2013; 6(2):188-194.
981. McConnell J Running Injuries: The Infrapatellar Fat Pad and Plica Injuries. *Phys Med Rehabil Clin N Am* 2016;27(1):79-89
982. McGinn TG, Guyatt GH, Wyer PC et al. Users' guides to the medical literature: Xxii: How to use articles about clinical decision rules. Evidence-based medicine working group. *JAMA* 2000; 284:79-84.
983. McHugh MP and Cosgrave CH To stretch or not to stretch: the role of stretching in injury prevention and performance. *Scand J Med Sci Sports* 2010;20(2):169-81
984. McKenzie K, Galea V, Wessel J et al. Lower extremity kinematics of females with patellofemoral pain syndrome while stair stepping. *J Orthop Sports Phys Ther* 2010; 40(10):625-632.
985. McKeon PO, Hertel J, Bramble D et al. The foot core system: a new paradigm for understanding intrinsic foot muscle function. *Br J Sports Med* 2015;49(5):290
986. McLaughlin P, Chowdry P, Woledge R et al. The effect of neutral-cushioned running shoes on the intra-articular force in the haemophilic ankle. *Clin Biomech* 2013; 28:672-678.



987. McMillan A and Payne C Effect of foot orthoses on lower extremity kinetics during running: a systematic literature review. *J Foot Ankle Res* 2008;1(1):13
988. McNeill DK, de Heer HD, Bounds RG et al. Accuracy of unloading with the anti-gravity treadmill. *J Strength Cond Res* 2015;29(3):863-8
989. McPoil TG, Warren M, Vicenzino B et al. Variations in foot posture and mobility between individuals with patellofemoral pain and those in a control group. *J Am Podiatr Med Assoc* 2011; 101(4):289-296.
990. McWalter EJ, Wirth W, Siebert M et al. Use of novel interactive input devices for segmentation of articular cartilage from magnetic resonance images. *Osteoarthritis Cartilage* 2005; 13(1):48-53.
991. Meardon SA, Campbell S and Derrick TR Step width alters iliotibial band strain during running. *Sports Biomech* 2012;11(4):464-72
992. Meardon SA and Derrick TR Effect of step width manipulation on tibial stress during running. *J Biomech* 2014;47(11):2738-44
993. Meardon SA, Hamill J, Derrick TR. Running injury and stride time variability over a prolonged run. *Gait Posture* 2011; 33(1):36-40.
994. Meardon SA, Willson JD, Gries SR et al. Bone stress in runners with tibial stress fracture. *Clin Biomech (Bristol, Avon)* 2015;30(9):895-902
995. Meira EP, Brumitt J. Influence of the hip on patients with patellofemoral pain syndrome: A systematic review. *Sports Health* 2011; 3(5):455-465.
996. Menezes NM, Gray ML, Hartke JR et al. T2 and T1rho mri in articular cartilage systems. *Mag Res Med* 2004; 51:503-509.
997. Mercer JA, Devita P, Derrick TR et al. Individual effects of stride length and frequency on shock attenuation during running. *Med Sci Sports Exerc* 2003; 35(2):307-313.
998. Mercer JA, Bezodis NE, Russell M et al. Kinetic consequences of constraining running behavior. *J Sports Sci Med* 2005;4(2):144-52
999. Mercer JA, Horsch S. Heel-toe running: A new look at the influence of foot strike pattern on impact force. *J Exerc Sci Fitness* 2015; 13(1):29-34.
1000. Messier SP, Davis SE, Curl WW et al. Etiologic factors associated with patellofemoral pain in runners. [erratum appears in med sci sports exerc 1991 nov;23(11):1233]. *Med Sci Sports Exerc* 1991; 23(9):1008-1015.
1001. Messier SP, Legault C, Loeser RF et al. Does high weight loss in older adults with knee osteoarthritis affect bone-on-bone joint loads and muscle forces during walking? *Osteoarthritis Cartilage* 2011; 19(3):272-280.
1002. Messier SP, Legault C, Schoenlank CR et al. Risk factors and mechanisms of knee injury in runners. *Med Sci Sports Exerc* 2008; 40(11):1873-1879.
1003. Metsavaht L, Leporace G, Riberto M et al. Translation and cross-cultural adaptation of the brazilian version of the international knee documentation committee subjective knee form: Validity and reproducibility. *Am J Sports Med* 2010; 38(9):1894-1899.
1004. Metsavaht L, Leporace G, Riberto M et al. Translation and cross-cultural adaptation of the lower extremity functional scale into a brazilian portuguese version and validation on patients with knee injuries. *J Orthop Sports Phys Ther* 2012; 42(11):932-939.
1005. Miana AN, Prudencio MV, Barros RM. Comparison of protocols for walking and running kinematics based on skin surface markers and rigid clusters of markers. *Int J Sports Med* 2009; 30(11):827-833.
1006. Milgrom C, Burr DB, Finestone AS et al. Understanding the etiology of the posteromedial tibial stress fracture. *Bone* 2015;78(11-4
1007. Milgrom Y, Milgrom C, Altaras T et al. Achilles tendons hypertrophy in response to high loading training. *Foot Ankle Int* 2014;35(12):1303-8
1008. Miller R. Joint loading in runners does not initiate knee osteoarthritis. *Exerc Sport Sci Rev* 2017; 45(2):87-95.
1009. Miller R, Edwards WB, Brandon SC et al. Why don't most runners get knee osteoarthritis? A case for per-unit-distance loads. *Med Sci Sports Exerc* 2014; 46(3):572-579.
1010. Miller RH, Meardon SA, Derrick TR et al. Continuous relative phase variability during an exhaustive run in runners with a history of iliotibial band syndrome. *J Appl Biomech* 2008; 24(3):262-270.
1011. Miller EE, Whitcome KK, Lieberman DE et al. The effect of minimal shoes on arch structure and intrinsic foot muscle strength. *Journal of Sport and Health Science* 2014;3(2):74-85
1012. Milligan A, Mills C and Scurr J The effect of breast support on upper body muscle activity during 5 km treadmill running. *Hum Mov Sci* 2014;38(74-83
1013. Milligan A, Mills C and Scurr J Within-participant variance in multiplanar breast kinematics during 5 km treadmill running. *J Appl Biomech* 2014;30(2):244-9
1014. Mills K, Blanch P, Dev P et al. A randomised control trial of short term efficacy of in-shoe foot orthoses compared with a wait and see policy for anterior knee pain and the role of foot mobility. *Br J Sports Med* 2012; 46(4):247-252.
1015. Milner CE, Brindle RA. Reliability and minimal detectable difference in multisegment foot kinematics during shod walking and running. *Gait Posture* 2016; 43:192-197.
1016. Milner CE, Ferber R, Pollard CD et al. Biomechanical factors associated with tibial stress fracture in female runners. *Med Sci Sports Exerc* 2006; 38(2):323-328.
1017. Milner CE, Ferber R, Pollard CD et al. Biomechanical factors associated with tibial stress fracture in female runners. *Med Sci Sports Exerc* 2006; 38(2):323-328.
1018. Milner CE, Paquette MR. A kinematic method to detect foot contact during running for all foot strike patterns. *J Biomech* 2015; 48(12):3502-3505.
1019. Miltner O, Siebert CH, Schneider U et al. Patellar hypertension syndrome in adolescence: A three-year follow up. *Arch Orthop Trauma Surg* 2003; 123:455-459.
1020. Miyamoto N and Kawakami Y Effect of pressure intensity of compression short-tight on fatigue of thigh muscles. *Med Sci Sports Exerc* 2014;46(11):2168-74
1021. Mizushima J, Seki K, Keogh JW et al. Kinematic characteristics of barefoot sprinting in habitually shod children. *PeerJ* 2018;6(e5188
1022. Moen MH, Bongers T, Bakker EW et al. Risk factors and prognostic indicators for medial tibial stress syndrome. *Scand J Med Sci Sports* 2012;22(1):34-9
1023. Moher D, Hopewell S, Schulz KF et al. Consort 2010 explanation and elaboration: Updated guidelines for reporting parallel group randomised trials. *BMJ* 2010; 340:c869.
1024. Molloy JM Factors Influencing Running-Related Musculoskeletal Injury Risk Among U.S. Military Recruits. *Mil Med* 2016;181(6):512-23
1025. Monte A, Muollo V, Nardello F et al. Sprint running: how changes in step frequency affect running mechanics and leg spring behaviour at maximal speed. *J Sports Sci* 2017;35(4):339-345
1026. Moore IS Is There an Economical Running Technique? A Review of Modifiable Biomechanical Factors Affecting Running Economy. *Sports Med* 2016;46(6):793-807
1027. Moore IS and Dixon SJ Changes in sagittal plane kinematics with treadmill familiarization to barefoot running. *J Appl Biomech* 2014;30(5):626-31



1028. Moore IS, Jones AM and Dixon SJ Mechanisms for improved running economy in beginner runners. *Med Sci Sports Exerc* 2012;44(9):1756-63
1029. Moore IS, Jones AM and Dixon SJ Reduced oxygen cost of running is related to alignment of the resultant GRF and leg axis vector: A pilot study. *Scand J Med Sci Sports* 2016;26(7):809-15
1030. Moore IS and Dixon SJ Changes in sagittal plane kinematics with treadmill familiarization to barefoot running. *J Appl Biomech* 2014;30(5):626-31
1031. Moyano FR, Valenza MC, Martin LM et al. Effectiveness of different exercises and stretching physiotherapy on pain and movement in patellofemoral pain syndrome: a randomized controlled trial. *Clin Rehabil* 2013;27(5):409-17
1032. Mooses M, Jurimae J, Maestu J et al. Running economy and body composition between competitive and recreational level distance runners. *Acta Physiol Hung* 2013;100(3):340-6
1033. Morales-Orcayo E, Becerro de Bengoa Vallejo R, Losa Iglesias M et al. Foot internal stress distribution during impact in barefoot running as function of the strike pattern. *Comput Methods Biomech Biomed Engin* 2018;21(7):471-478
1034. Moran RN, Hauth JM and Rabena R The effect of massage on acceleration and sprint performance in track & field athletes. *Complement Ther Clin Pract* 2018;30(1-5)
1035. Moran MF, Rickert BJ and Greer BK Tibial Acceleration and Spatiotemporal Mechanics in Distance Runners During Reduced-Body-Weight Conditions. *J Sport Rehabil* 2017;26(3):221-226
1036. Morin JB. Changes in running kinematics, kinetics, and spring-mass behavior over a 24-h run. 2011;
1037. Morin JB, Slawinski J, Dorel S et al. Acceleration capability in elite sprinters and ground impulse: Push more, brake less? *J Biomech* 2015;48(12):3149-54
1038. Morio C, Sevez V, Chavet P et al. Neuro-mechanical adjustments to shod versus barefoot treadmill runs in the acute and delayed stretch-shortening cycle recovery phases. *J Sports Sci* 2016;34(8):738-45
1039. Morkved S and Bo K Effect of pelvic floor muscle training during pregnancy and after childbirth on prevention and treatment of urinary incontinence: a systematic review. *Br J Sports Med* 2014;48(4):299-310
1040. Morris MJ, Na ES and Johnson AK Voluntary running-wheel exercise decreases the threshold for rewarding intracranial self-stimulation. *Behav Neurosci* 2012;126(4):582-7
1041. Moser H, Leitner M, Baeyens JP et al. Pelvic floor muscle activity during impact activities in continent and incontinent women: a systematic review. *Int Urogynecol J* 2018;29(2):179-196
1042. Mosher TJ, Liu Y, Torok CM. Functional cartilage mri t2 mapping: Evaluating the effect of age and training on knee cartilage response to running. *Osteoarthritis Cartilage* 2010; 18(3):358-364.
1043. Mosher TJ, Smith HE, Collins C et al. Change in knee cartilage t2 at mr imaging after running: A feasibility study. *Radiology* 2005; 234:245-249.
1044. Moyano FR, Valenza M, Martin LM et al. Effectiveness of different exercises and stretching physiotherapy on pain and movement in patellofemoral pain syndrome: A randomized controlled trial. *Clin Rehabil* 2013; 27(5):409-417.
1045. Moyer RF, Birmingham TB, Bryant DM et al. Biomechanical effects of valgus knee bracing: A systematic review and meta-analysis. *Osteoarthritis Cartilage* 2015; 23(2):178-188.
1046. Moyer RF, Birmingham TB, Bryant DM et al. Valgus bracing for knee osteoarthritis: A meta-analysis of randomized trials. *Arthritis Care Res (Hoboken)* 2015; 67(4):493-501.
1047. Mullen S, Cotton J, Bechtold M et al. Barefoot Running: The Effects of an 8-Week Barefoot Training Program. *Orthop J Sports Med* 2014;2(3):2325967114525582
1048. Mullen S, Toby EB. Adolescent runners: The effect of training shoes on running kinematics. *J Pediatr Orthop* 2013; 33(4):453-457.
1049. Muller R, Ernst M and Blickhan R Leg adjustments during running across visible and camouflaged incidental changes in ground level. *J Exp Biol* 2012;215(Pt 17):3072-9
1050. Mucha MD, Caldwell W, Schlueter EL et al. Hip abductor strength and lower extremity running related injury in distance runners: A systematic review. *J Sci Med Sport* 2017;20(4):349-355
1051. Multanen J, Nieminen M, Häkkinen A et al. Effects of high-impact training on bone and articular cartilage: 12-month randomized controlled quantitative mri study. *J Bone Miner Res* 2014; 29(1):192-201.
1052. Mundermann A, Asay JL, Mundermann L et al. Implications of increased medio-lateral trunk sway for ambulatory mechanics. *J Biomech* 2008; 41(1):165-170.
1053. Mundermann A, Stefanyshyn DJ and Nigg BM Relationship between footwear comfort of shoe inserts and anthropometric and sensory factors. *Med Sci Sports Exerc* 2001;33(11):1939-45
1054. Mundermann A, Wakeling JM, Nigg BM et al. Foot orthoses affect frequency components of muscle activity in the lower extremity. *Gait Posture* 2006; 23(3):295-302.
1055. Munoz-Jimenez M, Latorre-Roman PA, Soto-Hermoso VM et al. Influence of shod/unshod condition and running speed on foot-strike patterns, inversion/eversion, and vertical foot rotation in endurance runners. *J Sports Sci* 2015;33(19):2035-42
1056. Munro. Ground reaction forces in running: A reexamination. 1987;
1057. Munteanu SE, Scott LA, Bonanno DR et al. Effectiveness of customised foot orthoses for Achilles tendinopathy: a randomised controlled trial. *Br J Sports Med* 2015;49(15):989-94
1058. Murley GS, Landorf KB, Menz HB et al. Effect of foot posture, foot orthoses and footwear on lower limb muscle activity during walking and running: A systematic review. *Gait Posture* 2009; 29(2):172-187.
1059. Murphy K, Curry EJ and Matzkin EG Barefoot running: does it prevent injuries? *Sports Med* 2013;43(11):1131-8
1060. Murphy JR, Di Santo MC, Alkanani T et al. Aerobic activity before and following short-duration static stretching improves range of motion and performance vs. a traditional warm-up. *Appl Physiol Nutr Metab* 2010;35(5):679-90
1061. Murray. Chronic exertional compartment syndrome- diagnostic techniques and management. 2012;
1062. Myer GD, Ford KR, Barber Foss KD et al. The incidence and potential pathomechanics of patellofemoral pain in female athletes. *Clin Biomech (Bristol, Avon)* 2010; 25(7):700-707.
1063. Myer GD, Ford KR, Foss KD et al. A predictive model to estimate knee-abduction moment: implications for development of a clinically applicable patellofemoral pain screening tool in female athletes. *J Athl Train* 2014;49(3):389-98
1064. Naemi R and Chockalingam N Mathematical models to assess foot-ground interaction: an overview. *Med Sci Sports Exerc* 2013;45(8):1524-33
1065. Nakagawa TH. Electromyographic preactivation pattern of the gluteus medius during weight-bearing functional tasks in women with and without anterior knee pain. 2011;
1066. Nakagawa TH, Baldon Rde M, Muniz TB et al. Relationship among eccentric hip and knee torques, symptom severity and functional capacity in females with patellofemoral pain syndrome. *Phys Ther Sport* 2011; 12(3):133-139.
1067. Nakagawa TH, Baldon RdM, Muniz TB et al. Relationship among eccentric hip and knee torques, symptom severity and functional capacity in females with patellofemoral pain syndrome. *Physical therapy in sport : official journal of the Association of Chartered Physiotherapists in Sports Medicine* 2011; 12(3):133-139.
1068. Nakagawa TH, Moriya ET, Maciel CD et al. Frontal plane biomechanics in males and females with and without patellofemoral pain. *Med Sci Sports Exerc* 2012; 44(9):1747-1755.



1069. Nakagawa TH, Moriya ET, Maciel CD et al. Trunk, pelvis, hip, and knee kinematics, hip strength, and gluteal muscle activation during a single-leg squat in males and females with and without patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2012; 42(6):491-501.
1070. Nakagawa TH, Muniz TB, Baldon Rde M et al. The effect of additional strengthening of hip abductor and lateral rotator muscles in patellofemoral pain syndrome: A randomized controlled pilot study. *Clin Rehabil* 2008; 22(12):1051-1060.
1071. Nakamura N, Takeuchi R, Sawaguchi T et al. Cross-cultural adaptation and validation of the Japanese knee injury and osteoarthritis outcome score (KOOS). *J Orthop Sci* 2011; 16(5):516-523.
1072. Nakhaee Z, Rahimi A, Abaee M et al. The relationship between the height of the medial longitudinal arch (MLA) and the ankle and knee injuries in professional runners. *Foot* 2008; 18(2):84-90.
1073. Napier C, Cochrane CK, Taunton JE et al. Gait modifications to change lower extremity gait biomechanics in runners: A systematic review. *Br J Sports Med* 2015; 49(21):1382-1388.
1074. Napier C, Esculier JF, Hunt MA. Gait retraining: Out of the lab and onto the streets with the benefit of wearables. *Br J Sports Med* 2017; 51(23):1642-1643.
1075. Narkbunnam R, Chareancholvanich K and Hanroongroj T Sagittal plane evaluation of patellofemoral movement in patellofemoral pain patients with no evidence of maltracking. *Knee Surg Sports Traumatol Arthrosc* 2015;23(4):986-990
1076. Nascimeto SL, Surita FG and Cecatti JG Physical exercise during pregnancy: a systematic review. *Curr Opin Obstet Gynecol* 2012;24(6):387-94
1077. Nawoczenski DA and Janisse DJ Foot orthoses in rehabilitation--what's new. *Clin Sports Med* 2004;23(1):157-67
1078. Nawoczenski DA and Ludewig PM The effect of forefoot and arch posting orthotic designs on first metatarsophalangeal joint kinematics during gait. *J Orthop Sports Phys Ther* 2004;34(6):317-27
1079. Neal BS, Barton CJ, Birn-Jeffrey A et al. The effects & mechanisms of increasing running step rate: A feasibility study in a mixed-sex group of runners with patellofemoral pain. *Phys Ther Sport* 2018; 32:244-251.
1080. Neal BS, Barton CJ, Gallie R et al. Runners with patellofemoral pain have altered biomechanics which targeted interventions can modify: A systematic review and meta-analysis. *Gait Posture* 2016; 45:69-82.
1081. Neal BS, Griffiths IB, Dowling GJ et al. Foot posture as a risk factor for lower limb overuse injury: A systematic review and meta-analysis. *J Foot Ankle Res* 2014; 7(1):55.
1082. Nester CJ, van der Linden ML and Bowker P Effect of foot orthoses on the kinematics and kinetics of normal walking gait. *Gait Posture* 2003;17(2):180-7
1083. Negahban H, Pouretzad M, Yazdi MJ et al. Persian translation and validation of the kujala patellofemoral scale in patients with patellofemoral pain syndrome. *Disabil Rehabil* 2012; 34(26):2259-2263.
1084. Nelson AE, Allen KD, Goughly YM et al. A systematic review of recommendations and guidelines for the management of osteoarthritis: The chronic osteoarthritis management initiative of the U.S. Bone and joint initiative. *Seminars in arthritis and rheumatism* 2014; 43(6):701-712.
1085. Nelson AG and Kokkonen J Acute ballistic muscle stretching inhibits maximal strength performance. *Res Q Exerc Sport* 2001;72(4):415-9
1086. Neptune. The influence of orthotic devices and vastus medialis strength and timing on patellofemoral loads during running. 2000;
1087. Neubauer T, Brand J, Lidder S et al. Stress fractures of the femoral neck in runners: a review. *Res Sports Med* 2016;24(3):185-99
1088. Neufeld SK and Cerrato R Plantar fasciitis: evaluation and treatment. *J Am Acad Orthop Surg* 2008;16(6):338-46
1089. Neumann DA. Kinesiology of the musculoskeletal system: Foundations for physical rehabilitation St. Louis, Missouri, Mosby, Inc., 2002.
1090. Newman P, Witchalls J, Waddington G et al. Risk factors associated with medial tibial stress syndrome in runners: a systematic review and meta-analysis. *Open Access J Sports Med* 2013;4(229-41
1091. Ng GY and Chung PY Effects of a therapeutic laser and passive stretching program for treating tendon overuse. *Photomed Laser Surg* 2012;30(3):155-9
1092. Ngho KJ, Gouwanda D, Gopalai AA et al. Estimation of vertical ground reaction force during running using neural network model and uniaxial accelerometer. *J Biomech* 2018;76(269-273
1093. Nicholson, L. T., DiSegna, S., Newman, J. S., & Miller, S. L. Fluoroscopically Guided Peritendinous Corticosteroid Injection for Proximal Hamstring Tendinopathy: A Retrospective Review. *Orthopaedic Journal of Sports Medicine* 2014;2(3), 2325967114526135.
1094. Niehoff A, Muller M, Bruggemann L et al. Deformational behaviour of knee cartilage and changes in serum cartilage oligomeric matrix protein (COMP) after running and drop landing. *Osteoarthritis Cartilage* 2011; 19(8):1003-1010.
1095. Nielsen RO, Bertelsen ML, Parmer ET et al. Running more than three kilometers during the first week of a running regimen may be associated with increased risk of injury in obese novice runners. *Int J Sports Phys Ther* 2014;9(3):338-45
1096. Nielsen RO, Buist I, Parmer ET et al. Foot pronation is not associated with increased injury risk in novice runners wearing a neutral shoe. *Br J Sports Med* 2014; 48(6):440-447.
1097. Nielsen RO, Buist I, Parmer ET et al. Predictors of Running-Related Injuries Among 930 Novice Runners: A 1-Year Prospective Follow-up Study. *Orthop J Sports Med* 2013;1(1):2325967113487316
1098. Nielsen RO, Buist I, Sorensen H et al. Training errors and running related injuries: A systematic review. *Int J Sports Phys Ther* 2012; 7(1):58-75.
1099. Nielsen RO, Nohr EA, Rasmussen S et al. Classifying running-related injuries based upon etiology, with emphasis on volume and pace. *Int J Sports Phys Ther* 2013; 8(2):172-179.
1100. Nielsen RO, Parmer ET, Nohr EA et al. Excessive progression in weekly running distance and risk of running-related injuries: an association which varies according to type of injury. *J Orthop Sports Phys Ther* 2014;44(10):739-47
1101. Nielsen RO, Ronnow L, Rasmussen S et al. A prospective study on time to recovery in 254 injured novice runners. *PLoS One* 2014;9(6):e99877
1102. Nielsen RO, Videbaek S, Hansen M et al. Does running with or without diet changes reduce fat mass in novice runners? A 1-year prospective study. *J Sports Med Phys Fitness* 2016;56(1-2):105-13
1103. Niemi PE. Hip muscle weakness and overuse injuries in recreational runners. 2005;
1104. Nigg BM The role of impact forces and foot pronation: a new paradigm. *Clin J Sport Med* 2001;11(1):2-9
1105. Nigg BM, Baltich J, Hoerzer S et al. Running shoes and running injuries: mythbusting and a proposal for two new paradigms: 'preferred movement path' and 'comfort filter'. *Br J Sports Med* 2015;49(20):1290-4
1106. Nigg BM, Baltich J, Maurer C et al. Shoe midsole hardness, sex and age effects on lower extremity kinematics during running. *J Biomech* 2012; 45(9):1692-1697.
1107. Nigg BM, Cole GK, Bruggemann GP. Impact forces during heel-toe running. *J Appl Biomech* 1995; 11:407-432.
1108. Nigg BM, De Boer RW, Fisher V. A kinematic comparison of overground and treadmill running. *Med Sci Sports Exerc* 1995; 27(1):98-105.



1109. Nishijima Y, Kato T, Yoshizawa M et al. Application of the segment weight dynamic movement method to the normalization of gait emg amplitude. *J Electromyogr Kinesiol* 2010; 20(3):550-557.
1110. Noakes T Fluid replacement during marathon running. *Clin J Sport Med* 2003;13(5):309-18
1111. Noakes TD Overconsumption of fluids by athletes. *BMJ* 2003;327(7407):113-4
1112. Noakes T Time to quit that marathon running? Not quite yet! *Basic Res Cardiol* 2014;109(1):395
1113. Noakes T and Spedding M Olympics: Run for your life. *Nature* 2012;487(7407):295-6
1114. Noehren B, Barrance PJ, Pohl MP et al. A comparison of tibiofemoral and patellofemoral alignment during a neutral and valgus single leg squat: An mri study. *Knee* 2012; 19(4):380-386.
1115. Noehren B, Hamill J, Davis I. Prospective evidence for a hip etiology in patellofemoral pain. *Med Sci Sports Exerc* 2013; 45(6):1120-1124.
1116. Noehren B, I Davis and J Hamill ASB clinical biomechanics award winner 2006 prospective study of the biomechanical factors associated with iliotibial band syndrome. *Clin Biomech (Bristol, Avon)* 2007;22(9):951-6
1117. Noehren B, Manal K, Davis I. Improving between-day kinematic reliability using a marker placement device. *J Orthop Res* 2010; 28(11):1405-1410.
1118. Noehren B, Pohl MB, Sanchez Z et al. Proximal and distal kinematics in female runners with patellofemoral pain. *Clin Biomech* 2012; 27(4):366-371.
1119. Noehren B, Sanchez Z, Cunningham T et al. The effect of pain on hip and knee kinematics during running in females with chronic patellofemoral pain. *Gait Posture* 2012; 36(3):596-599.
1120. Noehren B, Schmitz A, Hempel R et al. Assessment of strength, flexibility, and running mechanics in men with iliotibial band syndrome. *J Orthop Sports Phys Ther* 2014;44(3):217-22
1121. Noehren B, Scholz J, Davis I. The effect of real-time gait retraining on hip kinematics, pain and function in subjects with patellofemoral pain syndrome. *Br J Sports Med* 2011; 45:691-696.
1122. Noehren B, Scholz J, Davis I. The effect of real-time gait retraining on hip kinematics, pain and function in subjects with patellofemoral pain syndrome. *Br J Sports Med* 2011; 45(9):691-696.
1123. Noehren B, Shuping L, Jones A et al. Somatosensory and Biomechanical Abnormalities in Females With Patellofemoral Pain. *Clin J Pain* 2016;32(10):915-9
1124. Nolte K, Burgoyne S, Nolte H et al. The effectiveness of a range of sports bras in reducing breast displacement during treadmill running and two-step star jumping. *J Sports Med Phys Fitness* 2016;56(11):1311-1317
1125. Norcross MF, Blackburn JT, Goerger BM. Reliability and interpretation of single leg stance and maximum voluntary isometric contraction methods of electromyography normalization. *J Electromyogr Kinesiol* 2010; 20(3):420-425.
1126. Nordin AD, Dufek JS, Mercer JA. Three-dimensional impact kinetics with foot-strike manipulations during running. *J Sport Health Sci* 2015 Nov 11: Epub ahead of print.
1127. Nunes GS, Stapait EL, Kirsten MH et al. Clinical test for diagnosis of patellofemoral pain syndrome: Systematic review with meta-analysis. *Phys Ther Sport* 2013; 14(1):54-59.
1128. Nunns M, House C, Fallowfield J et al. Biomechanical characteristics of barefoot footstrike modalities. *J Biomech* 2013; 46(15):2603-2610.
1129. Nunns M, House C, Rice H et al. Four biomechanical and anthropometric measures predict tibial stress fracture: a prospective study of 1065 Royal Marines. *Br J Sports Med* 2016;50(19):1206-10
1130. Nurse MA, Hulliger M, Wakeling JM et al. Changing the texture of footwear can alter gait patterns. *J Electromyogr Kinesiol* 2005;15(5):496-506
1131. O'Connell M, Farrokhi S, Fitzgerald GK. The role of knee joint moments and knee impairments on self-reported knee pain during gait in patients with knee osteoarthritis. *Clin Biomech (Bristol, Avon)* 2016; 31:40-46.
1132. O'Connor KM, Price TB, Hamill J et al. Examination of extrinsic foot muscles during running using mfmri and emg. *Journal of Electromyography & Kinesiology* 2006; 16(5):522-530.
1133. O'Connor KM and Hamill J The role of selected extrinsic foot muscles during running. *Clin Biomech (Bristol, Avon)* 2004;19(1):71-7
1134. O'Kane JW, Hutchinson E, Atley LM et al. Sport-related differences in biomarkers of bone resorption and cartilage degradation in endurance athletes. *Osteoarthritis Cartilage* 2006;14(1):71-6
1135. O'Keefe JH, Schnohr P and Lavie CJ The dose of running that best confers longevity. *Heart* 2013;99(8):588-90
1136. O'Sullivan K, Herbert E, Sainsbury D et al. No difference in gluteus medius activation in women with mild patellofemoral pain. *J Sport Rehabil* 2012;21(2):110-8
1137. O'Sullivan R, Kiernan D and Malone A Run kinematics with and without a jogging stroller. *Gait Posture* 2016;43(220-4
1138. O'Neal EK, Davis BA, Thigpen LK et al. Runners greatly underestimate sweat losses before and after a 1-hr summer run. *Int J Sport Nutr Exerc Metab* 2012;22(5):353-62
1139. Obst SJ, Barrett RS and Newsham-West R Immediate effect of exercise on achilles tendon properties: systematic review. *Med Sci Sports Exerc* 2013;45(8):1534-44
1140. Ohnishi J Differentiating Tibial Stress Fracture from Shin Splints by using MRI. *Sports Orthopaedics and Traumatology* 2015;31(3):188-194
1141. Oja P, Titz S, Kokko S et al. Health benefits of different sport disciplines for adults: Systematic review of observational and intervention studies with meta-analysis. *Br J Sports Med* 2015; 49(7):434-440.
1142. Olin ED and GM Gutierrez EMG and tibial shock upon the first attempt at barefoot running. *Hum Mov Sci* 2013;32(2):343-52
1143. Ooi CC, Schneider ME, Malliaras P et al. Prevalence of morphological and mechanical stiffness alterations of mid Achilles tendons in asymptomatic marathon runners before and after a competition. *Skeletal Radiol* 2015;44(8):1119-27
1144. Opar DA, Williams MD and Shield AJ Hamstring strain injuries: factors that lead to injury and re-injury. *Sports Med* 2012;42(3):209-26
1145. Ordway JD, Laubach LL, Vanderburgh PM et al. The Effects of Backwards Running Training on Forward Running Economy in Trained Males. *J Strength Cond Res* 2016;30(3):763-7
1146. Osorio JA, Vairo GL, Rozea GD et al. The effects of two therapeutic patellofemoral taping techniques on strength, endurance, and pain responses. *Phys Ther Sport* 2013; 14(4):199-206.
1147. Osteras B, Osteras H, Torstensen TA et al. Dose-response effects of medical exercise therapy in patients with patellofemoral pain syndrome: A randomised controlled clinical trial. *Physiotherapy* 2013; 99(2):126-131.
1148. Osteras B, Osteras H and Torstensen TA Long-term effects of medical exercise therapy in patients with patellofemoral pain syndrome: results from a single-blinded randomized controlled trial with 12 months follow-up. *Physiotherapy* 2013;99(4):311-6
1149. Ostermann K, Ridpath L and Hanna JB Self-Reported Minimalist Running Injury Incidence and Severity: A Pilot Study. *J Am Osteopath Assoc* 2016;116(8):512-20
1150. Ott B, Cosby NL, Grindstaff TL et al. Hip and knee muscle function following aerobic exercise in individuals with patellofemoral pain syndrome. *J Electromyogr Kinesiol* 2011; 21(4):631-637.



1151. Outerbridge RE, Dunlop JAY. The problem of chondromalacia patellae. *Clin Orthop Relat Res* 1975; 110:177-196.
1152. Owe KM, Bjelland EK, Stuge B et al. Exercise level before pregnancy and engaging in high-impact sports reduce the risk of pelvic girdle pain: a population-based cohort study of 39 184 women. *Br J Sports Med* 2016;50(13):817-22
1153. Owen BE, Rogers IR, Hoffman MD et al. Efficacy of oral versus intravenous hypertonic saline in runners with hyponatremia. *J Sci Med Sport* 2014;17(5):457-62
1154. Padua R, Bondi R, Ceccarelli E et al. Italian version of the international knee documentation committee subjective knee form: Cross-cultural adaptation and validation. *Arthroscopy* 2004; 20(8):819-823.
1155. Padulo J, Annino G, D'Ottavio S et al. Footstep analysis at different slopes and speeds in elite race walking. *J Strength Cond Res* 2013;27(1):125-9
1156. Padulo J, Annino G, Smith L et al. Uphill running at iso-efficiency speed. *Int J Sports Med* 2012;33(10):819-23
1157. Padulo J, Degortes N, Migliaccio GM et al. Footstep manipulation during uphill running. *Int J Sports Med* 2013;34(3):244-7
1158. Padulo J, Powell D, Milia R et al. A paradigm of uphill running. *PLoS One* 2013;8(7):e69006
1159. Pairo de Fontenay B, Esculier JF, Bouyer L et al. Hip kinematics during functional tasks in females with patellofemoral pain: Modification following rehabilitation and correlation with clinical improvement. *Phys Ther Sport* 2018;32(7-14)
1160. Pal S, Besier TF, Beaupre GS et al. Patellar maltracking is prevalent among patellofemoral pain subjects with patella alta: An upright, weightbearing mri study. *J Orthop Res* 2013; 31(3):448-457.
1161. Pal S, Besier TF, Draper CE et al. Patellar tilt correlates with vastus lateralis: Vastus medialis activation ratio in maltracking patellofemoral pain patients. *J Orthop Res* 2012; 30(6):927-933.
1162. Palmer K, Hebron C, Williams JM. A randomised trial into the effect of an isolated hip abductor strengthening programme and a functional motor control programme on knee kinematics and hip muscle strength. *BMC Musculoskelet Disord* 2015; 16:105.
1163. Pamukoff DN and Blackburn JT Comparison of plantar flexor musculotendinous stiffness, geometry, and architecture in male runners with and without a history of tibial stress fracture. *J Appl Biomech* 2015;31(1):41-7
1164. Panush RS, Hanson CS, Caldwell JR et al. Is running associated with osteoarthritis? An eight-year follow-up study. *J Clin Rheumatol* 1995; 1(1):35-39.
1165. Paoloni M, Fratochi G, Mangone M et al. Long-term efficacy of a short period of taping followed by an exercise program in a cohort of patients with patellofemoral pain syndrome. *Clin Rheumatol* 2012; 31(3):535-539.
1166. Papadopoulos K, Stanopoulos D. A systematic review of reviews in patellofemoral pain syndrome. Exploring the risk factors, diagnostic tests, outcome measurements and exercise treatment. *Open Sports Med J* 2015; 9:7-17.
1167. Pappas E, Wong-Tom WM. Prospective predictors of patellofemoral pain syndrome: A systematic review with meta-analysis. *Sports Health* 2012; 4(2):115-120.
1168. Paquette MR and Melcher DA Impact of a Long Run on Injury-Related Biomechanics with Relation to Weekly Mileage in Trained Male Runners. *J Appl Biomech* 2017;33(3):216-221
1169. Paquette MR, Milner CE, Melcher DA. Foot contact angle variability during a prolonged run with relation to injury history and habitual foot strike pattern. *Scand J Med Sci Sports* 2017; 27(2):217-222.
1170. Paradis GP, Pappas PT, Theodorou AS et al. Effects of static and dynamic stretching on sprint and jump performance in boys and girls. *J Strength Cond Res* 2014;28(1):154-60
1171. Park DY and Chou L Stretching for prevention of Achilles tendon injuries: a review of the literature. *Foot Ankle Int* 2006;27(12):1086-95
1172. Park SK, Stefanyshyn DJ. Greater q angle may not be a risk factor of patellofemoral pain syndrome. *Clin Biomech (Bristol, Avon)* 2011; 26(4):392-396.
1173. Park S-K, Stefanyshyn DJ. Greater q angle may not be a risk factor of patellofemoral pain syndrome. *Clinical biomechanics (Bristol, Avon)* 2011; 26(4):392-396.
1174. Pattyn E, Mahieu N, Selve J et al. What predicts functional outcome after treatment for patellofemoral pain? *Med Sci Sports Exerc* 2012; 44(10):1827-1833.
1175. Pattyn E, Verdonk P, Steyaert A et al. Muscle functional mri to evaluate quadriceps dysfunction in patellofemoral pain. *Med Sci Sports Exerc* 2013; 45(6):1023-1029.
1176. Pattyn E, Verdonk P, Steyaert A et al. Vastus medialis obliquus atrophy: Does it exist in patellofemoral pain syndrome? *The American journal of sports medicine* 2011; 39(7):1450-1455.
1177. Pattyn E, Verdonk P, Steyaert A et al. Vastus medialis obliquus atrophy: Does it exist in patellofemoral pain syndrome? *Am J Sports Med* 2011; 39(7):1450-1455.
1178. Paulson S and Braun WA Prophylactic ankle taping: influence on treadmill-running kinematics and running economy. *J Strength Cond Res* 2014;28(2):423-9
1179. Paulson S and Braun WA Mechanical and physiological examination of barefoot and shod conditions in female runners. *Int J Sports Med* 2014;35(9):789-93
1180. Pazzinatto MF, de Oliveira Silva D, Pradela J et al. Local and widespread hyperalgesia in female runners with patellofemoral pain are influenced by running volume. *J Sci Med Sport* 2017;20(4):362-367
1181. Peat G, Duncan RC, Wood LR et al. Clinical features of symptomatic patellofemoral joint osteoarthritis. *Arthritis Res Ther* 2012;14(2):R63
1182. Pegrum J, Crisp T, Padhiar N et al. The pathophysiology, diagnosis, and management of stress fractures in postmenopausal women. *Phys Sportsmed* 2012;40(3):32-42
1183. Peltonen J, Cronin NJ, Stenroth L et al. Achilles tendon stiffness is unchanged one hour after a marathon. *J Exp Biol* 2012;215(Pt 20):3665-71
1184. Peltz CD, Haladik JA, Hoffman SE et al. Effects of footwear on three-dimensional tibiotalar and subtalar joint motion during running. *J Biomech* 2014;47(11):2647-53
1185. Peng HT, Kernozek TW and Song CY Muscle activation of vastus medialis obliquus and vastus lateralis during a dynamic leg press exercise with and without isometric hip adduction. *Phys Ther Sport* 2013;14(1):44-9
1186. Peng HT and Song CY Effect of leg press training on patellar realignment in patients with patellofemoral pain. *J Phys Ther Sci* 2015;27(12):3873-8
1187. Peng HT and Song CY Predictors of treatment response to strengthening and stretching exercises for patellofemoral pain: An examination of patellar alignment. *Knee* 2015;22(6):494-8
1188. Perkins KP, Hanney WJ and Rothschild CE The risks and benefits of running barefoot or in minimalist shoes: a systematic review. *Sports Health* 2014;6(6):475-80
1189. Perl DP, Daoud AI, Lieberman DE. Effects of footwear and strike type on running economy. *Med Sci Sports Exerc* 2012; 44(7):1335-1343.
1190. Peters JSJ, Tyson NL. Proximal exercises are effective in treating patellofemoral pain syndrome: A systematic review. *Int J Sports Phys Ther* 2013; 8(5):689-700.
1191. Petersen J, Nielsen RO, Rasmussen S et al. Comparisons of increases in knee and ankle joint moments following an increase in running speed from 8 to 12 to 16km/h. *Clin Biomech* 2014; 29(9):959-964.



1192. Petersen J, Sorensen H, Nielsen RO. Cumulative loads increase at the knee joint with slow-speed running compared to faster running: A biomechanical study. *J Orthop Sports Phys Ther* 2015; 45(4):316-322.
1193. Petersen W, Ellermann A, Rembitzki IV et al. Evaluating the potential synergistic benefit of a realignment brace on patients receiving exercise therapy for patellofemoral pain syndrome: a randomized clinical trial. *Arch Orthop Trauma Surg* 2016;136(7):975-82
1194. Petersen W, Ellermann A, Gosele-Koppenburg A et al. Patellofemoral pain syndrome. *Knee Surg Sports Traumatol Arthrosc* 2014;22(10):2264-74
1195. Petit DJ, Willson JD, Barrios JA. Comparison of stance phase knee joint angles and moments using two different surface marker representations of the proximal shank in walkers and runners. *J Appl Biomech* 2014; 30(1):173-178.
1196. Petri M, Ettinger M, Stuebig T et al. Current Concepts for Patellar Dislocation. *Arch Trauma Res* 2015;4(3):e29301
1197. Petrin Z, Wowkanech C, Sinha AN et al. Female Runner With Painful Left Thigh Swelling: A Case of May-Thurner Syndrome. *PM R* 2018;10(2):227-229
1198. Phan X, Grisbrook TL, Wernli K et al. Running quietly reduces ground reaction force and vertical loading rate and alters foot strike technique. *J Sport Sci* 2017; 35(16):1636-1642.
1199. Phillips SM, Turner AP, Sanderson MF et al. Beverage carbohydrate concentration influences the intermittent endurance capacity of adolescent team games players during prolonged intermittent running. *Eur J Appl Physiol* 2012;112(3):1107-16
1200. Phinyomark A, Hettinga BA, Osis ST et al. Gender and age-related differences in bilateral lower extremity mechanics during treadmill running. *PLoS One* 2014;9(8):e105246
1201. Phinyomark A, Osis S, Hettinga BA et al. Gender differences in gait kinematics in runners with iliotibial band syndrome. *Scand J Med Sci Sports* 2015;25(6):744-53
1202. Piacentini MF, De Ioannio G, Comotto S et al. Concurrent strength and endurance training effects on running economy in master endurance runners. *J Strength Cond Res* 2013;27(8):2295-303
1203. Piasecki J, McPhee JS, Hannan K et al. Hip and spine bone mineral density are greater in master sprinters, but not endurance runners compared with non-athletic controls. *Arch Osteoporos* 2018;13(1):72
1204. Pierpoint LA, Williams CM, Fields SK et al. Epidemiology of Injuries in United States High School Track and Field: 2008-2009 Through 2013-2014. *Am J Sports Med* 2016;44(6):1463-8
1205. Pingel J, Fredberg U, Mikkelsen LR et al. No inflammatory gene-expression response to acute exercise in human Achilles tendinopathy. *Eur J Appl Physiol* 2013;113(8):2101-9
1206. Pingel J, Harrison A, Simonsen L et al. The microvascular volume of the Achilles tendon is increased in patients with tendinopathy at rest and after a 1-hour treadmill run. *Am J Sports Med* 2013;41(10):2400-8
1207. Pipkin A, Kotecki K, Hetzel S et al. Reliability of a qualitative video analysis for running. *J Orthop Sports Phys Ther* 2016; 46(7):556-561.
1208. Piva SR, Fitzgerald GK, Irrgang JJ et al. Associates of physical function and pain in patients with patellofemoral pain syndrome. *Arch Phys Med Rehabil* 2009; 90(2):285-295.
1209. Piva SR, Fitzgerald GK, Wisniewski S et al. Predictors of pain and function outcome after rehabilitation in patients with patellofemoral pain syndrome. *J Rehabil Med* 2009; 41(8):604-612.
1210. Piva SR, Gil AB, Moore CG et al. Responsiveness of the activities of daily living scale of the knee outcome survey and numeric pain rating scale in patients with patellofemoral pain. *J Rehabil Med* 2009; 41(3):129-135.
1211. Piva SR, Goodnite EA, Childs JD et al. Strength around the hip and flexibility of soft tissues in individuals with and without patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2005; 35(12):793-801.
1212. Pizzolato C, Reggiani M, Saxby DJ et al. Biofeedback for gait retraining based on real-time estimation of tibiofemoral joint contact forces. *IEEE Trans Neural Syst Rehabil Eng* 2017:Epub ahead of print.
1213. Plastaras C, McCormick Z, Nguyen C et al. Is Hip Abduction Strength Asymmetry Present in Female Runners in the Early Stages of Patellofemoral Pain Syndrome? *Am J Sports Med* 2016;44(1):105-12
1214. Pohl MB, Hamill J, Davis JS. Biomechanical and anatomic factors associated with a history of plantar fasciitis in female runners. *Clin. J. Sport. Med.* 2009; 19:372-376.
1215. Pohl MB, Lloyd C, Ferber R. Can the reliability of three-dimensional running kinematics be improved using functional joint methodology? *Gait Posture* 2010; 32(4):559-563.
1216. Pointon M, Duffield R, Cannon J et al. Cold water immersion recovery following intermittent-sprint exercise in the heat. *Eur J Appl Physiol* 2012;112(7):2483-94
1217. Pollard CD. The influence of in-season injury prevention training on lower-extremity kinematics during landing in female soccer players. 2006;
1218. Pollock N, Dijkstra P, Calder J et al. Plantaris injuries in elite UK track and field athletes over a 4-year period: a retrospective cohort study. *Knee Surg Sports Traumatol Arthrosc* 2016;24(7):2287-92
1219. Porter MD and Shadbolt B Randomized controlled trial of accelerated rehabilitation versus standard protocol following surgical repair of ruptured Achilles tendon. *ANZ J Surg* 2015;85(5):373-7
1220. Portney LG, Watkins MP. Foundations of clinical research: Applications to practice. 3rd edition. Prentice Hall, 2009.
1221. Powell DW, Williams DS, 3rd, Windsor B et al. Ankle work and dynamic joint stiffness in high- compared to low-arched athletes during a barefoot running task. *Hum Mov Sci* 2014;34(147-56
1222. Powers CM. The influence of abnormal hip mechanics on knee injury: A biomechanical perspective. *J Orthop Sports Phys Ther* 2010; 40(2):42-51.
1223. Powers CM, Berke GM, Clary MD et al. Patellofemoral pain: Is there a role for orthoses? *PM R* 2010; 2(8):771-776.
1224. Powers CM, Bolgia LA, Callaghan MJ et al. Patellofemoral pain: Proximal, distal, and local factors, 2nd international research retreat. *J Orthop Sports Phys Ther* 2012; 42(6):A1-A54.
1225. Powers CM, Ho KY, Chen YJ et al. Patellofemoral joint stress during weight-bearing and non-weight-bearing quadriceps exercises. *J Orthop Sports Phys Ther* 2014;44(5):320-7
1226. Powers CM, Ward SR, Fredericson M et al. Patellofemoral kinematics during weight-bearing and non-weight-bearing knee extension in persons with lateral subluxation of the patella: A preliminary study. *J Orthop Sports Phys Ther* 2003; 33(11):677-685.
1227. Preece SJ, Mason D and Bramah C How do elite endurance runners alter movements of the spine and pelvis as running speed increases? *Gait Posture* 2016;46(132-4
1228. Price MD and Herndon JH Is running good for your knees? *Menopause* 2007;14(5):815-6
1229. Priego Quesada JL, Lucas-Cuevas AG, Gil-Calvo M et al. Effects of graduated compression stockings on skin temperature after running. *J Therm Biol* 2015;52(130-6
1230. Prins MR, van der Wurff P, Prins MR et al. Females with patellofemoral pain syndrome have weak hip muscles: A systematic review. *Aust J Physiother* 2009; 55(1):9-15.
1231. Prior MJ, Lavins BJ and Cooper K A randomized, placebo-controlled trial of acetaminophen extended release for treatment of post-marathon muscle soreness. *Clin J Pain* 2012;28(3):204-10
1232. Pugh JN, Kirk B, Fearn R et al. Prevalence, Severity and Potential Nutritional Causes of Gastrointestinal Symptoms during a Marathon in Recreational Runners. *Nutrients* 2018;10(7):



1233. Purcell RL, Schroeder IG, Keeling LE et al. Clinical Outcomes After Extracorporeal Shock Wave Therapy for Chronic Plantar Fasciitis in a Predominantly Active Duty Population. *J Foot Ankle Surg* 2018;57(4):654-657
1234. Raasch WG and Hergan DJ Treatment of stress fractures: the fundamentals. *Clin Sports Med* 2006;25(1):29-36, vii
1235. Rabin A, Kozol Z, Moran U et al. Factors associated with visually assessed quality of movement during a lateral step-down test among individuals with patellofemoral pain. *J Orthop Sports Phys Ther* 2014; 44(12):937-946.
1236. Radzinski AO, Mundemann A and Sole G Effect of footwear on the external knee adduction moment - A systematic review. *Knee* 2012;19(3):163-75
1237. Ramey LN, McInnis KC and Palmer WE Femoral Neck Stress Fracture: Can MRI Grade Help Predict Return-to-Running Time? *Am J Sports Med* 2016;44(8):2122-9
1238. Ramirez-Campillo R, Alvarez C, Henriquez-Olguin C et al. Effects of plyometric training on endurance and explosive strength performance in competitive middle- and long-distance runners. *J Strength Cond Res* 2014;28(1):97-104
1239. Ramos LA, Carvalho RTd, Garms E et al. Prevalence of pain on palpation of the inferior pole of the patella among patients with complaints of knee pain. *Clinics* 2009; 64(3):199-202.
1240. Ramsey DK, Wretenberg PF. Biomechanics of the knee: Methodological considerations in the in vivo kinematic analysis of the tibiofemoral and patellofemoral joint. *Clin Biomech* 1999; 14:595-611.
1241. Ramkov D, Barton C, Nielsen RO et al. High eccentric hip abduction strength reduces the risk of developing patellofemoral pain among novice runners initiating a self-structured running program: A 1-year observational study. *J Orthop Sports Phys Ther* 2015; 45(3):153-161.
1242. Ramkov D, Jensen ML, Obiling K et al. No association between q-angle and foot posture with running-related injuries: a 10 week prospective follow-up study. *Int J Sports Phys Ther* 2013;8(4):407-15
1243. Ramkov D, Rasmussen S, Sorensen H et al. Progression in Running Intensity or Running Volume and the Development of Specific Injuries in Recreational Runners: Run Clever, a Randomized Trial Using Competing Risks. *J Orthop Sports Phys Ther* 2018;1-30
1244. Ramkov D, Rasmussen S, Sorensen H et al. Run Clever - No difference in risk of injury when comparing progression in running volume and running intensity in recreational runners: A randomised trial. *BMJ Open Sport Exerc Med* 2018;4(1):e000333
1245. Randall CA, Ross EZ and Maxwell NS Effect of Practical Precooling on Neuromuscular Function and 5-km Time-Trial Performance in Hot, Humid Conditions Among Well-Trained Male Runners. *J Strength Cond Res* 2015;29(7):1925-36
1246. Randhawa K, Cote P, Gross DP et al. The effectiveness of structured patient education for the management of musculoskeletal disorders and injuries of the extremities: a systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMA) Collaboration. *J Can Chiropr Assoc* 2015;59(4):349-62
1247. Rao G, Chambon N, Gueguen N et al. Does wearing shoes affect your biomechanical efficiency? *J Biomech* 2015;48(3):413-7
1248. Rasmussen CH, Nielsen RO, Juul MS et al. Weekly running volume and risk of running-related injuries among marathon runners. *Int J Sports Phys Ther* 2013;8(2):111-20
1249. Rathleff CR, Baird WN, Olesen JL et al. Hip and knee strength is not affected in 12-16 year old adolescents with patellofemoral pain--a cross-sectional population-based study. *PLoS One* 2013;8(11):e79153
1250. Rathleff MS, Molgaard CM, Fredberg U et al. High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up. *Scand J Med Sci Sports* 2015;25(3):e292-300
1251. Rathleff MS, Petersen KK, Arendt-Nielsen L et al. Impaired conditioned pain modulation in young female adults with long-standing patellofemoral pain: A single blinded cross-sectional study. *Pain Med* 2016; 17(5):980-988.
1252. Rathleff MS, Petersen KK, Arendt-Nielsen L et al. Impaired Conditioned Pain Modulation in Young Female Adults with Long-Standing Patellofemoral Pain: A Single Blinded Cross-Sectional Study. *Pain Med* 2016;17(5):980-8
1253. Rathleff MS, Rathleff CR, Crossley KM et al. Is hip strength a risk factor for patellofemoral pain? A systematic review and meta-analysis. *Br J Sports Med* 2014; 48(14):1088.
1254. Rathleff MS, Richter C, Brushoj C et al. Increased medial foot loading during drop jump in subjects with patellofemoral pain. *Knee Surg Sports Traumatol Arthrosc* 2014;22(10):2301-7
1255. Rathleff MS, Roos EM, Olesen JL et al. Exercise during school hours when added to patient education improves outcome for 2 years in adolescent patellofemoral pain: A cluster randomised trial. *Br J Sports Med* 2015; 49(6):406-412.
1256. Rathleff MS, Roos EM, Olesen JL et al. Lower mechanical pressure pain thresholds in female adolescents with patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2013;43(6):414-21
1257. Rathleff MS, Samani A, Olesen JL et al. Neuromuscular activity and knee kinematics in adolescents with patellofemoral pain. *Med Sci Sports Exerc* 2013;
1258. Rathleff MS, Samani A, Olesen JL et al. Effect of exercise therapy on neuromuscular activity and knee strength in female adolescents with patellofemoral pain-An ancillary analysis of a cluster randomized trial. *Clin Biomech (Bristol, Avon)* 2016;34(22-9
1259. Rathleff MS, Thomsen JL, Barton CJ. Patient education in patellofemoral pain: Potentially potent and essential, but under-researched. *Br J Sports Med* 2018; 52(10):623-624.
1260. Rathleff MS, Vicenzino B, Middelkoop M et al. Patellofemoral pain in adolescence and adulthood: Same same, but different? *Sports Med* 2015; 45(11):1489-1495.
1261. Rauh MJ Summer training factors and risk of musculoskeletal injury among high school cross-country runners. *J Orthop Sports Phys Ther* 2014;44(10):793-804
1262. Rauh MJ, Barrack M and Nichols JF Associations between the female athlete triad and injury among high school runners. *Int J Sports Phys Ther* 2014;9(7):948-58
1263. Rauh MJ, Koepsell TD, Riva FP et al. Epidemiology of musculoskeletal injuries among high school cross-country runners. *Am J Epidemiol* 2006;163(2):151-9
1264. Reenalda J, Maas MT and de Koning JJ The Influence of Added Mass on Optimal Step Length in Running. *Int J Sports Physiol Perform* 2016;11(7):920-926
1265. Reeves KA, Corbett J and Barwood MJ Barefoot running improves economy at high intensities and peak treadmill velocity. *J Sports Med Phys Fitness* 2015;55(10):1107-13
1266. Regnaud JP, Lefevre-Colau MM, Trinquart L et al. High-intensity versus low-intensity physical activity or exercise in people with hip or knee osteoarthritis. *Cochrane Database Syst Rev* 2015; (10):CD010203.
1267. Rehm KE, Elci OU, Hahn K et al. The impact of self-reported psychological stress levels on changes to peripheral blood immune biomarkers in recreational marathon runners during training and recovery. *Neuroimmunomodulation* 2013;20(3):164-76
1268. Reinking MF, Austin TM and Hayes AM A survey of exercise-related leg pain in community runners. *Int J Sports Phys Ther* 2013;8(3):269-76
1269. Reinking MF, TM Austin and AM Hayes Risk factors for self-reported exercise-related leg pain in high school cross-country athletes. *J Athl Train* 2010;45(1):51-7
1270. Reinking MF, Hayes AM and Austin TM The effect of foot orthotic use on exercise related leg pain in cross country athletes. *Phys Ther Sport* 2012;13(4):214-8
1271. Reiman MP, Bolgia LA, Lorenz D et al. Hip functions influence on knee dysfunction: A proximal link to a distal problem. *J Sport Rehabil* 2009; 18(1):33-46.



1272. Reiman MP, Bolgla LA, Loudon JK. A literature review of studies evaluating gluteus maximus and gluteus medius activation during rehabilitation exercises. *Physiother Theory Pract* 2012; 28(4):257-268.
1273. Reinman. Hip function's influence on knee dysfunction: A proximal link to a distal problem. 2009;
1274. Rethnam U and N Makwana Are old running shoes detrimental to your feet? A pedobarographic study. *BMC Res Notes* 2011;4(307)
1275. Ribeiro AP, Sacco IC, Dinato RC et al. Relationships between static foot alignment and dynamic plantar loads in runners with acute and chronic stages of plantar fasciitis: a cross-sectional study. *Braz J Phys Ther* 2016;20(1):87-95
1276. Ribeiro AP, Trombini-Souza F, Tessutti V et al. Rearfoot alignment and medial longitudinal arch configurations of runners with symptoms and histories of plantar fasciitis. *Clinics* 2011; 66(6):1027-1033.
1277. Rice HM, Jamison ST, Davis IS. Footwear matters: Influence of footwear and foot strike on load rates during running. *Med Sci Sports Exerc* 2016; 48:2462-2468.
1278. Rice H, Nunns M, House C et al. High medial plantar pressures during barefoot running are associated with increased risk of ankle inversion injury in Royal Marine recruits. *Gait Posture* 2013;38(4):614-8
1279. Richards CE, Magin PJ, Callister R. Is your prescription of distance running shoes evidence-based? *Br J Sports Med* 2009; 43(3):159-162.
1280. Richards J, Burston J, Selfe J. The effect of foot orthoses on movement patterns during walking and stair decent in normal subjects and patellofemoral pain patients. *Physiotherapy* 2015;
1281. Richards R, Van den Noort JC, Dekker J et al. Gait retraining with real-time biofeedback to reduce knee adduction moment: Systematic review of effects and methods used. *Arch Phys Med Rehabil* 2017; 98(1):137-150.
1282. Rider BC, Coughlin AM, Hew-Butler TD et al. Effect of compression stockings on physiological responses and running performance in division III collegiate cross-country runners during a maximal treadmill test. *J Strength Cond Res* 2014;28(6):1732-8
1283. Ridge ST, Johnson AW, Mitchell UH et al. Foot bone marrow edema after a 10-wk transition to minimalist running shoes. *Med Sci Sports Exerc* 2013; 45(7):1363-1368.
1284. Ridge ST, Standiford T, Rivera J et al. The Effect of Training in Minimalist Running Shoes on Running Economy. *J Sports Sci Med* 2015;14(3):643-7
1285. Riley PO, Dicharry J, Franz J et al. A kinematics and kinetic comparison of overground and treadmill running. *Med Sci Sports Exerc* 2008; 40(6):1093-1100.
1286. Ristolainen L, Kettunen JA, Waller B et al. Training-related risk factors in the etiology of overuse injuries in endurance sports. *J Sports Med Phys Fitness* 2014;54(1):78-87
1287. Ritchie C, Sterling M. Recovery pathways and prognosis after whiplash injury. *J Orthop Sports Phys Ther* 2016; 46(10):851-861.
1288. Rivas E, Smith JD and Sherman NW Leg compressions improve ventilatory efficiency while reducing peak and post exercise blood lactate, but does not improve perceived exertion, exercise economy or aerobic exercise capacity in endurance-trained runners. *Respir Physiol Neurobiol* 2017;237(1-6
1289. Rivera CE Core and Lumbopelvic Stabilization in Runners. *Phys Med Rehabil Clin N Am* 2016;27(1):319-37
1290. Rixe J, Gallo R, Silvius M. The barefoot debate: Can minimalist shoes reduce running-related injuries? *Curr Sports Med Rep* 2012; 11:160-165.
1291. Ro du H, Lee HY, Chang CB et al. Value of SPECT-CT Imaging for Middle-Aged Patients with Chronic Anterior Knee Pain. *BMC Musculoskelet Disord* 2015;16(169
1292. Robbins SE, Gouw GJ, Hanna AM. Running-related injury prevention through innate impact-moderating behavior. *Med Sci Sports Exerc* 1989; 21(2):130-139.
1293. Robbins SE, Hanna AM. Running-related injury prevention through barefoot adaptations. *Med Sci Sports Exerc* 1987; 19(2):148-156.
1294. Roberts A, Roscoe D, Hulse D et al. Biomechanical differences between cases with suspected chronic exertional compartment syndrome and asymptomatic controls during running. *Gait Posture* 2017;58(374-379
1295. Robinson RL, Nee RJ. Analysis of hip strength in females seeking physical therapy treatment for unilateral patellofemoral pain syndrome. *J Orthop Sports Phys Ther* 2007; 37(5):232-238.
1296. Roche-Seruendo LE, García-Pinillos F, Haicaguerre J et al. Lack of Influence of Muscular Performance Parameters on Spatiotemporal Adaptations With Increased Running Velocity. *J Strength Cond Res* 2018;32(2):409-415
1297. Rodrigues P, Chang R, TenBroek T et al. Medially posted insoles consistently influence foot pronation in runners with and without anterior knee pain. *Gait Posture* 2013; 37(4):526-531.
1298. Rodrigues P, TenBroek T and Hamill J Runners with anterior knee pain use a greater percentage of their available pronation range of motion. *J Appl Biomech* 2013;29(2):141-6
1299. Rodrigues P, TenBroek T, Van Emmerik R et al. Evaluating runners with and without anterior knee pain using the time to contact the ankle joint complexes' range of motion boundary. *Gait Posture* 2014;39(1):48-53
1300. Rodriguez-Merchan EC Regeneration of articular cartilage of the knee. *Rheumatol Int* 2013;33(4):837-45
1301. Roewer BD, Ford KR, Myer GD et al. The 'impact' of force filtering cut-off frequency on the peak knee abduction moment during landing: Artefact or 'artifiction'? *Br J Sports Med* 2012;
1302. Romanov N. Pose method of running. Coral Gables, FL, PoseTech Press, 2002.
1303. Rome K, Gray J, Stewart F et al. Evaluating the clinical effectiveness and cost-effectiveness of foot orthoses in the treatment of plantar heel pain: a feasibility study. *J Am Podiatr Med Assoc* 2004;94(3):229-38
1304. Ronnestad BR and Mujika I Optimizing strength training for running and cycling endurance performance: A review. *Scand J Med Sci Sports* 2014;24(4):603-12
1305. Rooney BD, Derrick TR. Joint contact loading in forefoot and rearfoot strike patterns during running. *J Biomech* 2013; 46(13):2201-2206.
1306. Roos E, Engstrom M and Soderberg B Foot orthoses for the treatment of plantar fasciitis. *Foot Ankle Int* 2006;27(8):606-11
1307. Roos EM, Lohmander LS, Roos EM et al. The knee injury and osteoarthritis outcome score (koos): From joint injury to osteoarthritis. *Health Qual Life Outcomes* 2003; 1:64.
1308. Roos EM, Roos HP, Lohmander LS et al. Knee injury and osteoarthritis outcome score (koos)—development of a self-administered outcome measure. *J Orthop Sports Phys Ther* 1998; 28(2):88-96.
1309. Roos PE, Barton N, van Deursen RW. Patellofemoral joint compression forces in backward and forward running. *J Biomech* 2012; 45(9):1656-1660.
1310. Roper JL, Harding EM, Doerfler D et al. The effects of gait retraining in runners with patellofemoral pain: A randomized trial. *Clin Biomech* 2016; 35:14-22.
1311. Ross R, Gray CM and Gill JM Effects of an Injected Placebo on Endurance Running Performance. *Med Sci Sports Exerc* 2015;47(8):1672-81
1312. Roth J, Neumann J and Tao M Orthopaedic Perspective on Barefoot and Minimalist Running. *J Am Acad Orthop Surg* 2016;24(3):180-7



1313. Rothschild CE Primitive running: a survey analysis of runners' interest, participation, and implementation. *J Strength Cond Res* 2012;26(8):2021-6
1314. Roush. Prevalence of anterior knee pain in 18-35 year-old females. 2012;
1315. Rousseau R, Gerometta A, Fogerty S et al. Results of surgical treatment of calcaneus insertional tendinopathy in middle- and long-distance runners. *Knee Surg Sports Traumatol Arthrosc* 2015;23(9):2494-501
1316. Roy G, Nadeau S, Gravel D et al. Side difference in the hip and knee joint moments during sit-to-stand and stand-to-sit tasks in individuals with hemiparesis. *Clin Biomech* 2007; 22(7):795-804.
1317. Roy JS, Esculier JF, Maltais DB. Translation, cross-cultural adaptation and validation of the french version of the knee outcome survey-activities of daily living scale. *Clin Rehabil* 2013; 28(6):614-623.
1318. Rubin DA, Butler RJ, Beckman B et al. Footwear and running cardio-respiratory responses. *Int J Sports Med* 2009;30(5):379-82
1319. Rumpf MC, Cronin JB, Mohamad IN et al. Kinetic asymmetries during running in male youth. *Phys Ther Sport* 2014;15(1):53-7
1320. Ryan M, Elashi M, Newsham-West R et al. Examining injury risk and pain perception in runners using minimalist footwear. *Br J Sports Med* 2014; 48(16):1257-1262.
1321. Ryan M, Valiant G, McDonald K et al. The effect of three different levels of footwear stability on pain outcomes in women runners: A randomised control trial. *Br J Sports Med* 2011; 45(9):715-721.
1322. Ryffel CP, Eser P, Trachsel LD et al. Age at start of endurance training is associated with patterns of left ventricular hypertrophy in middle-aged runners. *Int J Cardiol* 2018;267(133-138
1323. Saamanen AM, Tammi M, Kirivanta I et al. Running exercise as a modulatory of proteoglycan matrix in the articular cartilage of young rabbits. *Int J Sports Med* 1988; 9(2):127-133.
1324. Saamanen AM, Tammi M, Kirivanta I et al. Levels of chondroitin-6-sulfate and nonaggregating proteoglycans at articular cartilage contact sites in the knees of young dogs subjected to moderate running exercise. *Arthritis Rheum* 1989; 32(10):1282-1292.
1325. Sacco Ide C, Konno GK, Rojas GB et al. Functional and emg responses to a physical therapy treatment in patellofemoral syndrome patients. *J Electromyogr Kinesiol* 2006; 16(2):167-174.
1326. Sacchetti R, Ceciliani A, Garulli A et al. Physical fitness of primary school children in relation to overweight prevalence and physical activity habits. *J Sports Sci* 2012;30(7):633-40
1327. Sahin M, Ayhan FF, Borman P et al. The effect of hip and knee exercises on pain, function, and strength in patients with patellofemoral pain syndrome: A randomized controlled trial. *Turk J Med Sci* 2016; 46(2):265-277.
1328. Sakaguchi M, Shimizu N, Yanai T et al. Hip rotation angle is associated with frontal plane knee joint mechanics during running. *Gait Posture* 2015;41(2):557-61
1329. Sakpal TV. Sample size estimation in clinical trial. *Perspect Clin Res* 2010; 1(2):67-69.
1330. Salem GJ, Powers CM. Patellofemoral joint kinetics during squatting in collegiate women athletes. *Clin Biomech* 2001; 16:424-430.
1331. Salsich. The effects of movement pattern modification on lower extremity kinematics and pain in females with patellofemoral pain. 2012;
1332. Salvendy KA, Stafne SN, Eggebo TM et al. Does regular exercise in pregnancy influence duration of labor? A secondary analysis of a randomized controlled trial. *Acta Obstet Gynecol Scand* 2014;93(1):73-9
1333. Salzer MJ, EM Bluman, S Noonan et al. Injuries observed in minimalist runners. *Foot Ankle Int* 2012;33(4):262-6
1334. Samaan CD, Rainbow MJ and Davis IS Reduction in ground reaction force variables with instructed barefoot running. *Journal of Sport and Health Science* 2014;3(2):143-151
1335. Sanchis-Alfonso V How to Deal With Chronic Patellar Instability: What Does the Literature Tell Us? *Sports Health* 2016;8(1):86-90
1336. Sandow MJ, Goodfellow JW. The natural history of anterior knee pain in adolescents. *J Bone Joint Surg* 1985; 67(1):36-38.
1337. Sano K, Nicol C, Akiyama M et al. Can measures of muscle-tendon interaction improve our understanding of the superiority of Kenyan endurance runners? *Eur J Appl Physiol* 2015;115(4):849-59
1338. Santos-Concejero J, Granados C, Irazusta J et al. Differences in ground contact time explain the less efficient running economy in north african runners. *Biol Sport* 2013;30(3):181-7
1339. Santos-Concejero J, Olivan J, Mate-Munoz JL et al. Gait-cycle characteristics and running economy in elite Eritrean and European runners. *Int J Sports Physiol Perform* 2015;10(3):381-7
1340. Santos-Concejero J, Tam N, Coetzee DR et al. Are gait characteristics and ground reaction forces related to energy cost of running in elite Kenyan runners? *J Sports Sci* 2017;35(6):531-538
1341. Santos-Concejero J, Tam N, Granados C et al. Stride angle as a novel indicator of running economy in well-trained runners. *J Strength Cond Res* 2014;28(7):1889-95
1342. Santos TR, Oliveira BA, Ocarino JM et al. Effectiveness of hip muscle strengthening in patellofemoral pain syndrome patients: A systematic review. *Braz J Phys Ther* 2015; 19(3):167-176.
1343. Santos-Concejero J, Tam N, Granados C et al. Interaction effects of stride angle and strike pattern on running economy. *Int J Sports Med* 2014;35(13):1118-23
1344. Santuz A, Ekizos A, Arampatzis A. A pressure plate-based method for the automatic assessment of foot strike patterns during running. *Ann Biomed Eng* 2015; 44(5):1646-1655.
1345. Saragiotto BT, Yamato TP, Hespanhol Junior LC et al. What are the main risk factors for running-related injuries? *Sports Med* 2014;44(8):1153-63
1346. Sawatsky A, Bourne D, Horisberger M et al. Changes in patellofemoral joint contact pressures caused by vastus medialis muscle weakness. *Clin Biomech (Bristol, Avon)* 2012; 27(6):595-601.
1347. Saxby DJ, Modenese L, Bryant AL et al. Tibiofemoral contact forces during walking, running and sidestepping. *Gait Posture* 2016; 49:78-85.
1348. Saxena A, Behan SA, Valerio DL et al. Navicular Stress Fracture Outcomes in Athletes: Analysis of 62 Injuries. *J Foot Ankle Surg* 2017;56(5):943-948
1349. Scattone Silva R, Maciel CD and Serrao FV The effects of forefoot varus on hip and knee kinematics during single-leg squat. *Man Ther* 2015;20(1):79-83
1350. Schache AG, Wrigley TV, Blanch PD et al. The effect of differing cardan angle sequences on three dimensional lumbo-pelvic angular kinematics during running. *Med Eng Phys* 2001; 23(7):493-501.
1351. Schamberger W Malalignment Syndrome in Runners. *Phys Med Rehabil Clin N Am* 2016;27(1):237-317
1352. Scheer V, Ramme K, Reinsberger C et al. VO2max Testing in Trail Runners: Is There a Specific Exercise Test Protocol? *Int J Sports Med* 2018;39(6):456-461
1353. Schipplein OD, Andriacchi TP. Interaction between active and passive knee stabilizers during level walking. *J Orthop Res* 1991; 9(1):113-119.
1354. Schmid W, Knechtle B, Knechtle P et al. Predictor variables for marathon race time in recreational female runners. *Asian J Sports Med* 2012;3(2):90-8



1355. Schmitt LC, Paterno MV, Huang S. Validity and internal consistency of the international knee documentation committee subjective knee evaluation form in children and adolescents. *Am J Sports Med* 2010; 38(12):2443-2447.
1356. Schmitt B, Tim T and McHugh M Hamstring injury rehabilitation and prevention of reinjury using lengthened state eccentric training: a new concept. *Int J Sports Phys Ther* 2012;7(3):333-41
1357. Schmitz A, Russo K, Edwards L et al. Do novice runners have weak hips and bad running form? *Gait Posture* 2014;40(1):82-6
1358. Schneider U, Breusch SJ, Thomsen M et al. A new concept in the treatment of anterior knee pain: Patellar hypertension syndrome. *Orthopedics* 2000; 23(6):581-586.
1359. Schneiders AG, Sullivan SJ, Hendrick PA et al. The ability of clinical tests to diagnose stress fractures: a systematic review and meta-analysis. *J Orthop Sports Phys Ther* 2012;42(9):760-71
1360. Scofield KL and Hecht S Bone health in endurance athletes: runners, cyclists, and swimmers. *Curr Sports Med Rep* 2012;11(6):328-34
1361. Shu Y, Mei Q, Fernandez J et al. Foot Morphological Difference between Habitually Shod and Unshod Runners. *PLoS One* 2015;10(7):e0131385
1362. Schedler CM, Saunders NW, Hanson NJ et al. Palm cooling does not improve running performance. *Int J Sports Med* 2013;34(8):732-5
1363. Schelde J [Facts and fiction about running shoes]. *Ugeskr Laeger* 2012;174(48):3011-3
1364. Schubert MM and Astorino TA A systematic review of the efficacy of ergogenic aids for improving running performance. *J Strength Cond Res* 2013;27(6):1699-707
1365. Schütte KH. The effect of minimalist shoe training on lower limb kinematics and kinetics in experienced shod runners [thesis] [thesis]. Stellenbosch University; 2012.
1366. Schütz UHW, Ellerman J, Schoss D et al. Biochemical cartilage alteration and unexpected signal recovery in t2* mapping observed in ankle joints with mobile mri during a transcontinental multistage footrace over 4486 km. *Osteoarthritis Cartilage* 2014; 22(11):1840-1850.
1367. Scott LA, Murley GS and Wickham JB The influence of footwear on the electromyographic activity of selected lower limb muscles during walking. *J Electromyogr Kinesiol* 2012;22(6):1010-6
1368. Scott JP, Sale C, Greeves JP et al. Effect of recovery duration between two bouts of running on bone metabolism. *Med Sci Sports Exerc* 2013;45(3):429-38
1369. Scotney B and Reid S Body Weight, Serum Sodium Levels, and Renal Function in an Ultra-Distance Mountain Run. *Clin J Sport Med* 2015;25(4):341-6
1370. Seay J, Selbie WS and Hamill J In vivo lumbo-sacral forces and moments during constant speed running at different stride lengths. *J Sports Sci* 2008;26(14):1519-29
1371. Sedano S, Marin PJ, Cuadrado G et al. Concurrent training in elite male runners: the influence of strength versus muscular endurance training on performance outcomes. *J Strength Cond Res* 2013;27(9):2433-43
1372. Sekizawa K, Sandrey MA, CD Ingersoll et al. Effects of shoe sole thickness on joint position sense. *Gait Posture* 2001;13(3):221-8
1373. Self BP, Paine D. Ankle biomechanics during four landing techniques. *Med Sci Sports Exerc* 2001; 33(8):1338-1344.
1374. Selfe J, Callaghan M, Witvrouw E et al. Targeted interventions for patellofemoral pain syndrome (tips) classification of clinical subgroups. *BMJ Open* 2013; 3:e003795.
1375. Selfe J, Harper L, Pedersen I et al. Four outcome measures for patellofemoral joint problems. *Physiotherapy* 2001; 87(10):507-515.
1376. Selfe J, Harper L, Pedersen I et al. Four outcome measures for patellofemoral joint problems. *Physiotherapy* 2001; 87(10):516-522.
1377. Selfe J, Janssen J, Callaghan M et al. Are there three main subgroups within the patellofemoral pain population? A detailed characterisation study of 127 patients to help develop targeted intervention (tips). *Br J Sports Med* 2016; 50(14):873-880.
1378. Selkowitz DM, Beneck GJ, Powers CM. Comparison of electromyographic activity of the superior and inferior portions of the gluteus maximus muscle during common therapeutic exercises. *J Orthop Sports Phys Ther* 2016; 46(9):794-799.
1379. Seminati E, Nardello F, Zamparo P et al. Anatomically asymmetrical runners move more asymmetrically at the same metabolic cost. *PLoS One* 2013;8(9):e74134
1380. Serpell BG, Ball NB, Scarvell JM et al. A review of models of vertical, leg, and knee stiffness in adults for running, jumping or hopping tasks. *J Sports Sci* 2012;30(13):1347-63
1381. Servodio Iammarrone C, Cadossi M, Sambri A et al. Is there a role of pulsed electromagnetic fields in management of patellofemoral pain syndrome? Randomized controlled study at one year follow-up. *Bioelectromagnetics* 2016;37(2):81-8
1382. Shaikh Z, Perry M, Morrissey D et al. Achilles tendinopathy in club runners. *Int J Sports Med* 2012; 33(5):390-394.
1383. Shakoor N and Block JA Walking barefoot decreases loading on the lower extremity joints in knee osteoarthritis. *Arthritis Rheum* 2006;54(9):2923-7
1384. Shaw AJ, Ingham SA, Atkinson G et al. The correlation between running economy and maximal oxygen uptake: cross-sectional and longitudinal relationships in highly trained distance runners. *PLoS One* 2015;10(4):e0123101
1385. Sheehan RC and Gottschall JS Preferred step frequency during downhill running may be determined by muscle activity. *J Electromyogr Kinesiol* 2013;23(4):826-30
1386. Sheehan FT, Borotikar BS, Behnam AJ et al. Alterations in in vivo knee joint kinematics following a femoral nerve branch block of the vastus medialis: Implications for patellofemoral pain syndrome. *Clin Biomech (Bristol, Avon)* 2012; 27(6):525-531.
1387. Sheerin KR, Hume PA and Whatman C Effects of a lower limb functional exercise programme aimed at minimising knee valgus angle on running kinematics in youth athletes. *Phys Ther Sport* 2012;13(4):250-4
1388. Shih Y, Lin KL, Shiang TY. Is the foot striking pattern more important than barefoot or shod conditions in running? *Gait Posture* 2013; 38(3):490-494.
1389. Shull PB, Shultz R, Silder A et al. Toe-in gait reduces the first peak knee adduction moment in patients with medial compartment knee osteoarthritis. *J Biomech* 2013; 46(1):122-128.
1390. Shull PB, Silder A, Shultz R et al. Six-week gait retraining program reduces knee adduction moment, reduces pain, and improves function for individuals with medial compartment knee osteoarthritis. *J Orthop Res* 2013; 31(7):1020-1025.
1391. Shultz SP, Houltham SD, Kung SM et al. Metabolic Differences Between Shod and Barefoot Walking in Children. *Int J Sports Med* 2016;37(5):401-4
1392. Sigward SM, Ota S, Powers CM. Predictors of frontal plane knee excursion during a drop land in young female soccer players. *J Orthop Sports Phys Ther* 2008; 38(11):661-667.
1393. Silder A, Besier T and Delp SL Running with a load increases leg stiffness. *J Biomech* 2015;48(6):1003-8



1394. Silvernail JF, Boyer K, Rohr E et al. Running Mechanics and Variability with Aging. *Med Sci Sports Exerc* 2015;47(10):2175-80
1395. Sinclair J, Atkins S, Richards J et al. Modelling of Muscle Force Distributions During Barefoot and Shod Running. *J Hum Kinet* 2015;47(9-17)
1396. Sinclair J, Atkins S and Taylor PJ The Effects of Barefoot and Shod Running on Limb and Joint Stiffness Characteristics in Recreational Runners. *J Mot Behav* 2016;48(1):79-85
1397. Sinclair J. Effects of barefoot and barefoot inspired footwear on knee and ankle loading during running. *Clin Biomech* 2014; 29(4):395-399.
1398. Sinclair J, Hobbs SJ, Protheroe L et al. Determination of gait events using an externally mounted shank accelerometer. *J Appl Biomech* 2013; 29:118-122.
1399. Sinclair J, Isherwood J and Taylor PJ The effects of orthotic intervention on multisegment foot kinematics and plantar fascia strain in recreational runners. *J Appl Biomech* 2015;31(1):28-34
1400. Sinclair J, McGrath R, Brook O et al. Influence of footwear designed to boost energy return on running economy in comparison to a conventional running shoe. *J Sports Sci* 2016;34(11):1094-8
1401. Sinclair J, Richards J, Selfe J et al. The influence of minimalist and maximalist footwear on patellofemoral kinetics during running. *J Appl Biomech* 2016; 32(4):359-364.
1402. Sinclair J, Richards J, Taylor PJ et al. Three-dimensional kinematic comparison of treadmill and overground running. *Sports Biomech* 2013;12(3):272-82
1403. Sinclair J, Selfe J. Sex differences in knee loading in recreational runners. *J Biomech* 2015; 48(10):2171-2175.
1404. Sinclair J, Taylor PJ and Atkins S Influence of running shoes and cross-trainers on Achilles tendon forces during running compared with military boots. *J R Army Med Corps* 2015;161(2):140-3
1405. Sinclair J, Taylor PJ, Edmundson CJ et al. Influence of the helical and six available cardan sequences on 3d ankle joint kinematic parameters. *Sports Biomech* 2012; 11(3):430-437.
1406. Sinclair J, Taylor PJ, Greenhalgh A et al. The test-retest reliability of anatomical co-ordinate axes definition for the quantification of lower extremity kinematics during running. *J Hum Kinet* 2012; 35:15-25.
1407. Singer. Anterior knee pain scale. 2009;
1408. Siverling S, O'Sullivan E, Garofalo M et al. Hip osteoarthritis and the active patient: Will i run again? *Curr Rev Musculoskelet Med* 2012; 5(1):24-31.
1409. Siu P, Tam S et al. Association of non-steroidal anti-inflammatory drug use and self-reported running performance in recreational marathon runners. *Gazzetta Medica Italiana Archivio per le Scienze Mediche* 2012; 171 (2):173-180
1410. Slade SJ, Greenya JG, Kliethermes CL et al. Somatosensory perception of running shoe mass. *Ergonomics* 2014;57(6):912-20
1411. Slobogean GP, Mulpuri K, Reilly CW. The international knee documentation committee subjective evaluation form in a preadolescent population: Pilot normative data. *Am J Sports Med* 2008; 36(1):129-132.
1412. Smith TO, Davies L, O'Driscoll ML et al. An evaluation of the clinical tests and outcome measures used to assess patellar instability. *Knee* 2008; 15(4):255-262.
1413. Smith TO, Drew BT, Meek TH et al. Knee orthoses for treating patellofemoral pain syndrome. *Cochrane Database Syst Rev* 2015;12:CD010513
1414. Smith TO, McNamara I and Donell ST The contemporary management of anterior knee pain and patellofemoral instability. *Knee* 2013;20 Suppl 1(S3-S15)
1415. Smith TO, King JJ, Hing CB. The effectiveness of proprioceptive-based exercise for osteoarthritis of the knee: A systematic review and meta-analysis. *Rheumatol Int* 2012; 32(11):3339-3351.
1416. Smith G, Lake M and Lees A Metatarsophalangeal joint function during sprinting: a comparison of barefoot and sprint spike shod foot conditions. *J Appl Biomech* 2014;30(2):206-12
1417. Smits DW, Huisstede B, Verhagen E et al. Short-Term Absenteeism and Health Care Utilization Due to Lower Extremity Injuries Among Novice Runners: A Prospective Cohort Study. *Clin J Sport Med* 2016;26(6):502-509
1418. Smoliga JM, Myers JB, Redfern MS et al. Reliability and precision of emg in leg, torso, and arm muscles during running. *Journal of Electromyography & Kinesiology* 2010; 20(1):e1-9.
1419. Smoljanic J, Morris NB, Dervis S et al. Running economy, not aerobic fitness, independently alters thermoregulatory responses during treadmill running. *J Appl Physiol* (1985) 2014;117(12):1451-9
1420. Snow NJ, Basset FA and Byrne J An Acute Bout of Barefoot Running Alters Lower-limb Muscle Activation for Minimalist Shoe Users. *Int J Sports Med* 2016;37(5):382-7
1421. Snyder KR, Earl JE, O'Connor KM et al. Resistance training is accompanied by increases in hip strength and changes in lower extremity biomechanics during running. *Clin Biomech (Bristol, Avon)* 2009; 24(1):26-34.
1422. Snyder KL and Farley CT Energetically optimal stride frequency in running: the effects of incline and decline. *J Exp Biol* 2011;214(Pt 12):2089-95
1423. Snyder KL, Kram R and Gottschall JS The role of elastic energy storage and recovery in downhill and uphill running. *J Exp Biol* 2012;215(Pt 13):2283-7
1424. Sobhani S, Bredeweg S, Dekker R et al. Rocker shoe, minimalist shoe, and standard running shoe: a comparison of running economy. *J Sci Med Sport* 2014;17(3):312-6
1425. Sobhani S, Dekker R, Postema K et al. Epidemiology of ankle and foot overuse injuries in sports: A systematic review. *Scand J Med Sci Sports* 2013;23(6):669-86
1426. Sobhani S, van den Heuvel E, Bredeweg S et al. Effect of rocker shoes on plantar pressure pattern in healthy female runners. *Gait Posture* 2014;39(3):920-5
1427. Sobhani S, van den Heuvel ER, Dekker R et al. Biomechanics of running with rocker shoes. *J Sci Med Sport* 2017;20(1):38-44
1428. Sobhani S, Zwerver J, van den Heuvel E et al. Rocker shoes reduce Achilles tendon load in running and walking in patients with chronic Achilles tendinopathy. *J Sci Med Sport* 2015;18(2):133-8
1429. Sole. Effects of footwear on the external knee adduction moment- a systematic review. 2011;
1430. Song CY, Huang HY, Chen SC et al. Effects of femoral rotational taping on pain, lower extremity kinematics, and muscle activation in female patients with patellofemoral pain. *J Sci Med Sport* 2015;18(4):388-93
1431. Song CY, Lin JJ, Jan MH et al. The role of patellar alignment and tracking in vivo: The potential mechanism of patellofemoral pain syndrome. *Phys Ther Sport* 2011; 12(3):140-147.
1432. Song C-Y, Lin J-J, Jan M-H et al. The role of patellar alignment and tracking in vivo: The potential mechanism of patellofemoral pain syndrome. *Physical therapy in sport : official journal of the Association of Chartered Physiotherapists in Sports Medicine* 2011; 12(3):140-147.
1433. Souza DR, Gross MT. Comparison of vastus medialis obliquus: Vastus lateralis muscle integrated electromyographic ratios between healthy subjects and patients with patellofemoral pain. *Phys Ther* 1991; 71(4):310-316.
1434. Souza RB. An evidence-based videotaped running biomechanics analysis. *Phys Med Rehabil Clin N Am* 2016; 27(1):217-236.
1435. Souza RB, Draper CE, Fredericson M et al. Femur rotation and patellofemoral joint kinematics: A weight-bearing magnetic resonance imaging analysis. *J Orthop Sports Phys Ther* 2010; 40(5):277-285.



1436. Souza RB, Kumar D, Calixto N et al. Response of knee cartilage T1rho and T2 relaxation times to in vivo mechanical loading in individuals with and without knee osteoarthritis. *Osteoarthritis Cartilage* 2014; 22(10):1367-1376.
1437. Souza RB, Powers CM. Predictors of hip internal rotation during running: An evaluation of hip strength and femoral structure in women with and without patellofemoral pain. *Am J Sports Med* 2009; 37(3):579-587.
1438. Souza RB, Powers CM. Differences in hip kinematics, muscle strength, and muscle activation between subjects with and without patellofemoral pain. *J Orthop Sports Phys Ther* 2009; 39(1):12-19.
1439. Spiker AM, Dixit S and Cosgarea AJ Triathlon: running injuries. *Sports Med Arthrosc Rev* 2012;20(4):206-13
1440. Squadrone R, Gallozzi C. Biomechanical and physiological comparison of barefoot and two shod conditions in experienced barefoot runners. *J Sports Med Phys Fitness* 2009; 49(1):6-13.
1441. Squadrone R, Rodano R, Hamill J et al. Acute effect of different minimalist shoes on foot strike pattern and kinematics in rearfoot strikers during running. *J Sports Sci* 2015; 33(11):1196-1204.
1442. St Clair Gibson A, De Koning JJ, Thompson KG et al. Crawling to the finish line: why do endurance runners collapse? Implications for understanding of mechanisms underlying pacing and fatigue. *Sports Med* 2013;43(6):413-24
1443. Stahl R, Luke A, Ma CB et al. Prevalence of pathologic findings in asymptomatic knees of marathon runners before and after a competition in comparison with physically active subjects. *Skeletal Radiol* 2008; 37:627-638.
1444. Stanley LE, Kerr ZY, Dompier TP et al. Sex differences in the incidence of anterior cruciate ligament, medial collateral ligament, and meniscal injuries in collegiate and high school sports: 2009-2010 through 2013-2014. *Am J Sports Med* 2016; 44(6):1565-1572.
1445. Stearne SM, Alderson JA, Green BA et al. Joint kinetics in rearfoot versus forefoot running: Implications of switching technique. *Med Sci Sports Exerc* 2014; 46(8):1578-1587.
1446. Stearne SM, McDonald KA, Alderson JA et al. The Foot's Arch and the Energetics of Human Locomotion. *Sci Rep* 2016;6(19403
1447. Steele J, Logan M, Walsh J et al. Does wearing full-length women's tights that incorporate ASICS Inner Muscle technology improve sprint performance? *Journal of Science and Medicine in Sport* 2012;15(S10
1448. Steensen RN, Bentley JC, Trinh TQ et al. The prevalence and combined prevalences of anatomic factors associated with recurrent patellar dislocation: a magnetic resonance imaging study. *Am J Sports Med* 2015;43(4):921-7
1449. Stefanyshyn DJ, Stergiou P, Lun VM et al. Knee angular impulse as a predictor of patellofemoral pain in runners. *Am J Sports Med* 2006; 34(11):1844-1851.
1450. Stehling C, Baum T, Mueller-Hoecker C et al. A novel fast knee cartilage segmentation technique for t2 measurements at mr imaging--data from the osteoarthritis initiative. *Osteoarthritis Cartilage* 2011; 19(8):984-989.
1451. Steinberg N, Siev-Ner I, Peleg S et al. Joint range of motion and patellofemoral pain in dancers. *Int J Sports Med* 2012; 33(7):561-566.
1452. Stellingwerff T and Cox GR Systematic review: Carbohydrate supplementation on exercise performance or capacity of varying durations. *Appl Physiol Nutr Metab* 2014;39(9):998-1011
1453. Stellingwerff T, Boit MK and Res PT Nutritional strategies to optimize training and racing in middle-distance athletes. *J Sports Sci* 2007;25 Suppl 1(S17-28
1454. Stellingwerff T Case study: Nutrition and training periodization in three elite marathon runners. *Int J Sport Nutr Exerc Metab* 2012;22(5):392-400
1455. Stellingwerff T Competition Nutrition Practices of Elite Ultramarathon Runners. *Int J Sport Nutr Exerc Metab* 2016;26(1):93-9
1456. Stellingwerff T Contemporary nutrition approaches to optimize elite marathon performance. *Int J Sports Physiol Perform* 2013;8(5):573-8
1457. Stellingwerff T, Maughan RJ and Burke LM Nutrition for power sports: middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. *J Sports Sci* 2011;29 Suppl 1(S79-89
1458. Stergiou N, Bates BT and Kurz MJ Subtalar and knee joint interaction during running at various stride lengths. *J Sports Med Phys Fitness* 2003;43(3):319-26
1459. Sterzing T, Frommhold C and Rosenbaum D In-shoe plantar pressure distribution and lower extremity muscle activity patterns of backward compared to forward running on a treadmill. *Gait Posture* 2016;46(135-41
1460. Stickford AS, Chapman RF, Johnston JD et al. Lower-leg compression, running mechanics, and economy in trained distance runners. *Int J Sports Physiol Perform* 2015;10(1):76-83
1461. Stickler L, Finley M and Gulgin H Relationship between hip and core strength and frontal plane alignment during a single leg squat. *Phys Ther Sport* 2015;16(1):66-71
1462. Stoate I, Wulf G, Lewthwaite R. Enhanced expectancies improve movement efficiency in runners. *J Sports Sci* 2012; 30(8):815-823.
1463. Strauts J, Vanicek N and Halaki M Acute changes in kinematic and muscle activity patterns in habitually shod rearfoot strikers while running barefoot. *J Sports Sci* 2016;34(1):75-87
1464. Streiner D, Norman G. Reliability. In: Streiner D, Norman G, eds. *Health measurement scales: A practical guide to their development and use*. 2nd ed. New York (NY): Oxford University Press; 1995:104-127.
1465. Strohmman C, Harms H, Kappeler-Setz C et al. Monitoring kinematic changes with fatigue in running using body-worn sensors. *IEEE Trans Inf Technol Biomed* 2012;16(5):983-90
1466. Stubbs B, Hurley M, Smith T. What are the factors that influence physical activity participation in adults with knee and hip osteoarthritis? A systematic review of physical activity correlates. *Clin Rehabil* 2015; 29(1):80-94.
1467. Subburaj K, Kumar D, Souza RB et al. The acute effect of running on knee articular cartilage and meniscus magnetic resonance relaxation times in young healthy adults. *Am J Sports Med* 2012; 40(9):2134-2141.
1468. Sudhakar S, Veena Kirthika S, Padmanabhan K et al. Efficacy of plantar short foot muscle exercise among middle distance runners: A single blind randomized controlled, pilot study. *Journal of Bodywork and Movement Therapies* 2018;
1469. Subhawong TK, Thakkar RS, Padua A et al. Patellofemoral friction syndrome: magnetic resonance imaging correlation of morphologic and T2 cartilage imaging. *J Comput Assist Tomogr* 2014;38(2):308-12
1470. Suriano R, Bishop D. Physiological attributes of triathletes. *J Sci Med Sport* 2010; 13(3):340-347.
1471. Sutlive TG. Development of a clinical prediction rule for classifying patients with patellofemoral pain syndrome who respond to patellar taping. *Journal of Orthopaedic and Sports Physical Therapy* 2006;
1472. Swart NM, van Linschoten R, Bierma-Zeinstra SM et al. The additional effect of orthotic devices on exercise therapy for patients with patellofemoral pain syndrome: A systematic review. *Br J Sports Med* 2012; 46(8):570-577.
1473. Szabo A, Abraham J. The psychological benefits of recreational running: A field study. *Psychol Health Med* 2013; 18(3):251-261.
1474. T.M.G.J. vE, Kouwenhoven E, Verborg J et al. A mathematical model of the patellofemoral joint. *J Biomech* 1986; 19(3):219-229.
1475. Taboga P, Lazzar S, Fessehatsion R et al. Energetics and mechanics of running men: the influence of body mass. *Eur J Appl Physiol* 2012;112(12):4027-33
1476. Taipale RS, Mikkola J, Vesterinen V et al. Neuromuscular adaptations during combined strength and endurance training in endurance runners: maximal versus explosive strength training or a mix of both. *Eur J Appl Physiol* 2013;113(2):325-35



1477. Tam N, JL Astephen Wilson, DR Coetzee et al. Loading rate increases during barefoot running in habitually shod runners: Individual responses to an unfamiliar condition. *Gait Posture* 2016;46(4):47-52
1478. Tam N, Astephen Wilson JL, Noakes TD et al. Barefoot running: an evaluation of current hypothesis, future research and clinical applications. *Br J Sports Med* 2014;48(5):349-55
1479. Tam N, Prins D, Divekar NV et al. Biomechanical analysis of gait waveform data: exploring differences between shod and barefoot running in habitually shod runners. *Gait Posture* 2017;58(2):274-279
1480. Tam N, Tucker R, Astephen Wilson JL et al. Effect on Oxygen Cost of Transport from 8-Weeks of Progressive Training with Barefoot Running. *Int J Sports Med* 2015;36(13):1100-5
1481. Tam N, Tucker R and Astephen Wilson JL Individual Responses to a Barefoot Running Program: Insight Into Risk of Injury. *Am J Sports Med* 2016;44(3):777-84
1482. Tartaruga MP, Brisswalter J, Peyre-Tartaruga LA et al. The relationship between running economy and biomechanical variables in distance runners. *Res Q Exerc Sport* 2012;83(3):367-75
1483. Tate JJ, Milner CE. Sound intensity feedback during running reduces loading rates and impact peak. *J Orthop Sports Phys Ther* 2017; 47(8):565-569.
1484. Taunton JE, Ryan MB, Clement DB et al. A retrospective case-control analysis of 2002 running injuries. *Br J Sports Med* 2002; 36(2):95-101.
1485. Taunton JE, Ryan MB, Clement DB et al. A prospective study of running injuries: The vancouver sun run "in training" clinics. *Br J Sports Med* 2003; 37:239-244.
1486. Taylor-Haas JA, Hugentobler JA, DiCesare CA et al. Reduced hip strength is associated with increased hip motion during running in young adult and adolescent male long-distance runners. *Int J Sports Phys Ther* 2014;9(4):456-67
1487. Teichtahl AJ, Wang Y, Heritier S et al. The interaction between physical activity and amount of baseline knee cartilage. *Rheumatology (Oxford)* 2016;Epub 2016 Mar 2030.
1488. Temesi J, Arnal PJ, Rupp T et al. Are Females More Resistant to Extreme Neuromuscular Fatigue? *Med Sci Sports Exerc* 2015;47(7):1372-82
1489. Temesi J, Rupp T, Martin V et al. Central fatigue assessed by transcranial magnetic stimulation in ultratrail running. *Med Sci Sports Exerc* 2014;46(6):1166-75
1490. ten Haaf DS, van der Worp MP, Groenewoud HM et al. Nutritional indicators for gastrointestinal symptoms in female runners: the "Marikenloop study". *BMJ Open* 2014;4(8):e005780
1491. TenBroek TM, Rodrigues PA, Frederick EC et al. Midsole thickness affects running patterns in habitual rearfoot strikers during a sustained run. *J Appl Biomech* 2014; 30(4):521-528.
1492. Tenforde AS, Carlson JL, Chang A et al. Association of the Female Athlete Triad Risk Assessment Stratification to the Development of Bone Stress Injuries in Collegiate Athletes. *Am J Sports Med* 2017;45(2):302-310
1493. Tenforde AS, Kraus E and Fredericson M Bone Stress Injuries in Runners. *Phys Med Rehabil Clin N Am* 2016;27(1):139-49
1494. Tenforde AS, Sayres LC, McCurdy ML et al. Identifying sex-specific risk factors for stress fractures in adolescent runners. *Med Sci Sports Exerc* 2013;45(10):1843-51
1495. Tenforde AS, Toth KE, Langen E et al. Running habits of competitive runners during pregnancy and breastfeeding. *Sports Health* 2015;7(2):172-6
1496. Teng HL, Powers CM. Sagittal plane trunk posture influences patellofemoral joint stress during running. *J Orthop Sports Phys Ther* 2014; 44(10):785-792.
1497. Teoh JC, Low JH, Lim YB et al. Investigation of the biomechanical effect of variable stiffness shoe on external knee adduction moment in various dynamic exercises. *J Foot Ankle Res* 2013;6(1):39
1498. Tessutti V, F Trombini-Souza, AP Ribeiro et al. In-shoe plantar pressure distribution during running on natural grass and asphalt in recreational runners. *J Sci Med Sport* 2010;13(1):151-5
1499. Tessutti V, Ribeiro AP, Trombini-Souza F et al. Attenuation of foot pressure during running on four different surfaces: asphalt, concrete, rubber, and natural grass. *J Sports Sci* 2012;30(14):1545-50
1500. Teixeira RN, Lunardi A, da Silva RA et al. PREVALENCE OF MUSCULOSKELETAL PAIN IN MARATHON RUNNERS WHO COMPETE AT THE ELITE LEVEL. *Int J Sports Phys Ther* 2016;11(1):126-31
1501. Theisen D, Malisoux L, Genin J et al. Influence of midsole hardness of standard cushioned shoes on running-related injury risk. *Br J Sports Med* 2014; 48(5):371-376.
1502. Thiel C, Foster C, Banzer W et al. Pacing in Olympic track races: competitive tactics versus best performance strategy. *J Sports Sci* 2012;30(11):1107-15
1503. Thijs Y, De Clercq D, Roosen P et al. Gait-related intrinsic risk factors for patellofemoral pain in novice recreational runners. *Br J Sports Med* 2008; 42(6):466-471.
1504. Thijs Y, Pattyn E, Van Tiggelen D et al. Is hip muscle weakness a predisposing factor for patellofemoral pain in female novice runners? A prospective study. *The American journal of sports medicine* 2011; 39(9):1877-1882.
1505. Thijs Y, Pattyn E, Van Tiggelen D et al. Is hip muscle weakness a predisposing factor for patellofemoral pain in female novice runners? A prospective study. *Am J Sports Med* 2011; 39(9):1877-1882.
1506. Thomee P, Thomee R, Karlsson J. Patellofemoral pain syndrome: Pain, coping strategies and degree of well-being. *Scand J Med Sci Sports* 2002; 12:276-281.
1507. Thomee R, Augustsson J, Karlsson J. Patellofemoral pain syndrome: A review of current issues. *Sports Med* 1999; 28(4):245-262.
1508. Thompson MA, Gutmann A, Seegmiller J et al. The effect of stride length on the dynamics of barefoot and shod running. *J Biomech* 2014;47(11):2745-50
1509. Thompson MA, Lee SS, Seegmiller J et al. Kinematic and kinetic comparison of barefoot and shod running in mid/forefoot and rearfoot strike runners. *Gait Posture* 2015;41(4):957-9
1510. Thompson M, Seegmiller J and McGowan CP Impact Accelerations of Barefoot and Shod Running. *Int J Sports Med* 2016;37(5):364-8
1511. Thomson, A THE RELATIONSHIP BETWEEN MUSCULOSKELETAL STIFFNESS AND LOWER LIMB INJURY IN ATHLETES: A SYSTEMATIC REVIEW. *British Journal of Sports Medicine* 2014;48(7):665-665
1512. Thomson C, Krouwel O, Kuisma R et al. The outcome of hip exercise in patellofemoral pain: A systematic review. *Man Ther* 2016; 26:1-30.
1513. Thordarson DB. Running biomechanics. *Clin Sports Med* 1997; 16(2):9.
1514. Tiderius CJ, Svensson J, Leander P et al. Dgemric (delayed gadolinium-enhanced mri of cartilage) indicates adaptive capacity of human knee cartilage. *Magn Res Med* 2004; 51:286-290.
1515. Tieschky M, Faber S, Haubner M et al. Repeatability of patellar cartilage thickness patterns in the living, using a fat-suppressed magnetic resonance imaging sequence with short acquisition time and three-dimensional data processing. *J Orthop Res* 1997; 15:808-813.
1516. Till ES, Armstrong SA, Harris G et al. Predicting Marathon Time Using Exhaustive Graded Exercise Test in Marathon Runners. *J Strength Cond Res* 2016;30(2):512-7
1517. Timmins KA, Leech RD, Batt ME et al. Running and knee osteoarthritis: A systematic review and meta-analysis. *Am J Sports Med* 2017; 45(6):1447-1457.
1518. Tipnis RA, Anloague PA, Laubach LL et al. The dose-response relationship between lateral foot wedging and the reduction of knee adduction moment. *Clin Biomech (Bristol, Avon)* 2014; 29(9):984-989.



1519. Tong JW and PW Kong Association between foot type and lower extremity injuries: systematic literature review with meta-analysis. *J Orthop Sports Phys Ther* 2013;43(10):700-14
1520. Tosovic D, Ghebremedhin E, Glen C et al. The architecture and contraction time of intrinsic foot muscles. *J Electromyogr Kinesiol* 2012;22(6):930-8
1521. Tourni H, Best TM, Pinti A et al. The role of muscle strength & activation patterns in patellofemoral pain. *Clin Biomech (Bristol, Avon)* 2013;
1522. Trehearn TL and Buresh RJ Sit-and-reach flexibility and running economy of men and women collegiate distance runners. *J Strength Cond Res* 2009;23(1):158-62
1523. Tremblay MS, Warburton DER, Janssen I et al. New canadian physical activity guidelines. *Appl Physiol Nutr Metab* 2011; 36(1):47-58.
1524. Trepczynski A, Kutzner I, Komaropoulos E et al. Patellofemoral joint contact forces during activities with high knee flexion. *J Orthop Res* 2012; 30(3):408-415.
1525. Treseler C, Bixby WR and Nepocatych S The Effect of Compression Stockings on Physiological and Psychological Responses after 5-km Performance in Recreationally Active Females. *J Strength Cond Res* 2016;30(7):1985-91
1526. Trivers R, Fink B, Russell M et al. Lower body symmetry and running performance in elite Jamaican track and field athletes. *PLoS One* 2014;9(11):e113106
1527. Tsavalas N and Karantanas AH Suprapatellar fat-pad mass effect: MRI findings and correlation with anterior knee pain. *AJR Am J Roentgenol* 2013;200(3):W291-6
1528. Tseh W, Caputo JL and Morgan DW Influence of gait manipulation on running economy in female distance runners. *J Sports Sci Med* 2008;7(1):91-5
1529. Tsiaras A, Paterson RS, Keene GCR. Fat pad impingement: A missed cause of patello-femoral pain? *Austr J Sci Med Sport* 1991; 23(1):24-26.
1530. Tucker R, Santos-Concejero J and Collins M The genetic basis for elite running performance. *Br J Sports Med* 2013;47(9):545-9
1531. Tuna BK, Semiz-Oysu A, Pekar B et al. The association of patellofemoral joint morphology with chondromalacia patella: a quantitative MRI analysis. *Clin Imaging* 2014;38(4):495-498
1532. Tung KD, JR Franz and R Kram A test of the metabolic cost of cushioning hypothesis during unshod and shod running. *Med Sci Sports Exerc* 2014;46(2):324-9
1533. Turki-Belkhiria L, Chaouachi A, Turki O et al. Eight weeks of dynamic stretching during warm-ups improves jump power but not repeated or single sprint performance. *Eur J Sport Sci* 2014;14(1):19-27
1534. Tyler TF, Nicholas SJ, Mullaney MJ et al. The role of hip muscle function in the treatment of patellofemoral pain syndrome. *Am J Sports Med* 2006; 34(4):630-636.
1535. Unfried B, Aguinaldo A and Cipriani D What is the influence of cambered running surface on lower extremity muscle activity? *J Appl Biomech* 2013;29(4):421-7
1536. Usherwood JR and Hubel TY Energetically optimal running requires torques about the centre of mass. *J R Soc Interface* 2012;9(73):2011-5
1537. Vadeboncoeur TF, Silvers SM, Taylor WC et al. Impact of a high body mass index on lower extremity injury in marathon/half-marathon participants. *J Phys Act Health* 2012;9(1):96-103
1538. Valentino TR, Stuenkel KJ, Kern M et al. The influence of hydration state on thermoregulation during a 161-km ultramarathon. *Res Sports Med* 2016;24(3):212-21
1539. Valenzuela KA, Lynn SK, Mikelson LR et al. Effect of acute alterations in foot strike patterns during running on sagittal plane lower limb kinematics and kinetics. *J Sport Sci Med* 2015; 14:225-232.
1540. Valenzuela KA, Lynn SK, Noffal GJ et al. Acute effects of foot rotation in healthy adults during running on knee moments and lateral-medial shear force. *J Sport Sci Med* 2016; 15:50-56.
1541. Van Cant J, Pineux C, Pitaire L et al. Hip muscle strength and endurance in females with patellofemoral pain: A systematic review with meta-analysis. *Int J Sports Phys Ther* 2014; 9(5):564-582.
1542. Van den Noort JC, Schaffers J, Snijders J et al. The effectiveness of voluntary modifications of gait pattern to reduce the knee adduction moment. *Hum Mov Sci* 2013; 32(3):412-424.
1543. Van den Noort JC, Steenbrink F, Roels S et al. Real-time visual feedback for gait retraining: Toward application in knee osteoarthritis. *Med Biol Eng Comput* 2015; 53(3):275-286.
1544. van den Tillaar R, Vatten T and von Heimburg E Effects of Short or Long Warm-up on Intermediate Running Performance. *J Strength Cond Res* 2017;31(1):37-44
1545. Van der Heijden RA, de Kanter JL, Bierma-Zeinstra SM et al. Structural abnormalities on magnetic resonance imaging in patients with patellofemoral pain: A cross-sectional case-control study. *Am J Sports Med* 2016; 44(9):2339-2346.
1546. Van der Heijden RA, Lankhorst NE, Van Linschoten R et al. Exercise for treating patellofemoral pain syndrome (review). *Cochrane Database Syst Rev* 2015; 1:CD010387.
1547. Van der Heijden RA, Oei EH, Bron EE et al. No difference on quantitative magnetic resonance imaging in patellofemoral cartilage composition between patients with patellofemoral pain and healthy controls. *Am J Sports Med* 2016; 44(5):1172-1178.
1548. van der Worp MP, ten Haaf DS, van Ginkel R et al. Injuries in runners: a systematic review on risk factors and sex differences. *PLoS One* 2015;10(2):e0114937
1549. van der Worp MP, van der Horst N, de Wijer A et al. Iliotibial band syndrome in runners: a systematic review. *Sports Med* 2012;42(11):969-92
1550. Van der Worp H, Vrielink JW, Bredeweg SW. Do runners who suffer injuries have higher vertical ground reaction forces than those who remain injury-free? A systematic review and meta-analysis. *Br J Sports Med* 2016; 50(8):450-457.
1551. Van Dyck E, Moens B, Buhmann J et al. Spontaneous entrainment of running cadence to music tempo. *Sports Med Open* 2015; 1:15.
1552. Van Eijden TMGJ, Kouwenhoven E, Verburg J et al. A mathematical model of the patellofemoral joint. *J Biomech* 1986; 19(3):219-229.
1553. Van Gent RN, Siem D, Van Middelkoop M et al. Incidence and determinants of lower extremity running injuries in long distance runners: A systematic review. *Br J Sports Med* 2007; 41(8):469-480.
1554. Van Ginkel A, Baelde N, Almqvist KF et al. Functional adaptation of knee cartilage in asymptomatic female novice runners. *Osteoarthritis Cartilage* 2010; 18:1564-1569.
1555. Van Ingen Schenau GJ. Some fundamental aspects of the biomechanics of overground versus treadmill locomotion. *Med Sci Sports Exerc* 1980; 12(4):257-261.
1556. Van Linschoten R, van Middelkoop M, Berger MY et al. Supervised exercise therapy versus usual care for patellofemoral pain syndrome: An open label randomised controlled trial. *BMJ* 2009; 339:b4074.
1557. van Middelkoop M Identifying risks for cramping in endurance running. *Clin J Sport Med* 2013;23(3):240-1
1558. Van Middelkoop M, Kolkman J, Van Ochten J et al. Risk factors for lower extremity injuries among male marathon runners. *Scandinavian Journal of Medicine and Science in Sports* 2008; 18:691-697.
1559. Van Middelkoop M, Van Linschoten R, Berger MY et al. Knee complaints seen in general practice: Active sport participants versus non-sport participants. *BMC Musculoskelet Disord* 2008; 9:36.
1560. van Poppel D, Scholten-Peeters GG, van Middelkoop M et al. Prevalence, incidence and course of lower extremity injuries in runners during a 12-month follow-up period. *Scand J Med Sci Sports* 2014;24(6):943-9



1561. Van Tiggelen DV, Cowan S, Coorevits P et al. Delayed vastus medialis obliquus to vastus lateralis onset timing contributes to the development of patellofemoral pain in previously healthy men: A prospective study. *Am J Sports Med* 2009; 37(6):1099-1105.
1562. Van Tonder A, Schwellnus M, Swanevelder S et al. A prospective cohort study of 7031 distance runners shows that 1 in 13 report systemic symptoms of an acute illness in the 8-12 day period before a race, increasing their risk of not finishing the race 1.9 times for those runners who started the race: SAFER study IV. *Br J Sports Med* 2016;50(15):939-45
1563. Van Tulder M, Furlan A, Bombardier C et al. Updated method guidelines for systematic reviews in the cochrane collaboration back review group. *Spine* 2003; 15(28):1290-1299.
1564. van Zantvoort AP, de Bruijn JA, Winkes MB et al. Isolated Chronic Exertional Compartment Syndrome of the Lateral Lower Leg: A Case Series. *Orthop J Sports Med* 2015;3(11):2325967115617728
1565. Vannatta CN and Kernozek TW Patellofemoral joint stress during running with alterations in foot strike pattern. *Med Sci Sports Exerc* 2015;47(5):1001-8
1566. Vanwanseele B, Eckstein F, Hadwighorst H et al. In vivo precision of quantitative shoulder cartilage measurements, and changes after spinal cord injury. *Magn Res Med* 2004; 51(5):1026-1030.
1567. Vanwanseele B, Eckstein F, Knecht H et al. Longitudinal analysis of cartilage atrophy in the knees of patients with spinal cord injury. *Arthritis Rheum* 2003; 48(12):3377-3381.
1568. Varela-Sanz. Effects of gradual-elastic compression stockings on running economy, kinematics, and performance in runners. 2011;
1569. Verduyssen F, Easthope C, Bernard T et al. The influence of wearing compression stockings on performance indicators and physiological responses following a prolonged trail running exercise. *Eur J Sport Sci* 2014;14(2):144-50
1570. Verduyssen F, Gruet M, Colson SS et al. Compression Garments, Muscle Contractile Function, and Economy in Trail Runners. *Int J Sports Physiol Perform* 2017;12(1):62-68
1571. Verduyssen F, Tartaruga M, Horvais N et al. Effects of Footwear and Fatigue on Running Economy and Biomechanics in Trail Runners. *Med Sci Sports Exerc* 2016;48(10):1976-84
1572. Verhagen E Prevention of running-related injuries in novice runners: are we running on empty? *Br J Sports Med* 2012;46(12):836-7
1573. Vernillo G, Savoldelli A, La Torre A et al. Injury and Illness Rates During Ultratrail Running. *Int J Sports Med* 2016;37(7):565-9
1574. Vernillo G, Savoldelli A, Zignoli A et al. Influence of the world's most challenging mountain ultra-marathon on energy cost and running mechanics. *Eur J Appl Physiol* 2014;114(5):929-39
1575. Versey NG, Halson SL and Dawson BT Effect of contrast water therapy duration on recovery of running performance. *Int J Sports Physiol Perform* 2012;7(2):130-40
1576. Versey NG, Halson SL and Dawson BT Water immersion recovery for athletes: effect on exercise performance and practical recommendations. *Sports Med* 2013;43(11):1101-30
1577. Vesterinen V, Nummela A, Heikura I et al. Individual Endurance Training Prescription with Heart Rate Variability. *Med Sci Sports Exerc* 2016;48(7):1347-54
1578. Vicenzino B Foot orthotics in the treatment of lower limb conditions: a musculoskeletal physiotherapy perspective. *Man Ther* 2004;9(4):185-96
1579. Vicenzino B, Collins N, Cleland J et al. A clinical prediction rule for identifying patients with patellofemoral pain who are likely to benefit from foot orthoses: A preliminary determination. *Br J Sports Med* 2010; 44(12):862-866.
1580. Videbaek S, Bueno AM, Nielsen RO et al. Incidence of Running-Related Injuries Per 1000 h of running in Different Types of Runners: A Systematic Review and Meta-Analysis. *Sports Med* 2015;45(7):1017-26
1581. Vigdorchik JM, Nepple JJ, Eftekhar N et al. What Is the Association of Elite Sporting Activities With the Development of Hip Osteoarthritis? *Am J Sports Med* 2017;45(4):961-964
1582. Vikmoen O, Raastad T, Seynnes O et al. Effects of Heavy Strength Training on Running Performance and Determinants of Running Performance in Female Endurance Athletes. *PLoS One* 2016;11(3):e0150799
1583. Vincent HK, Herman DC, Lear-Barnes L et al. Setting standards for medically-based running analysis. *Curr Sports Med Rep* 2014;13(4):275-83
1584. Vincent HK, Montero C, Conrad BP et al. Metabolic responses of running shod and barefoot in mid-forefoot runners. *J Sports Med Phys Fitness* 2014;54(4):447-55
1585. Vincent HK and Vincent KR Considerations for initiating and progressing running programs in obese individuals. *PM R* 2013;5(6):513-9
1586. Volders S, Meulders A, De Puter S et al. The reduction of fear of movement-related pain: Does motivational context matter? *Clin J Pain* 2015; 31(11):933-945.
1587. Volek JS, Freidenreich DJ, Saenz C et al. Metabolic characteristics of keto-adapted ultra-endurance runners. *Metabolism* 2016;65(3):100-10
1588. Voloshina AS and Ferris DP Biomechanics and energetics of running on uneven terrain. *J Exp Biol* 2015;218(Pt 5):711-9
1589. Von Tscharnner V, Goepfert B, Nigg BM et al. Changes in emg signals for the muscle tibialis anterior while running barefoot or with shoes resolved by non-linearly scaled wavelets. *J Biomech* 2003; 36(8):1169-1176.
1590. Vuolteenaho K, Leppanen T, Kerkkonen R et al. Running a marathon induces changes in adipokine levels and in markers of cartilage degradation--novel role for resistin. *PLoS One* 2014;9(10):e110481
1591. Vuolteenaho K, Moilanen T and Moilanen E Non-steroidal anti-inflammatory drugs, cyclooxygenase-2 and the bone healing process. *Basic Clin Pharmacol Toxicol* 2008;102(1):10-4
1592. Wakeling JM, Pascual SA, Nigg BM. Altering muscle activity in the lower extremities by running with different shoes. *Med. Sci. Sports Exerc.* 2002; 34(9):1529-1532.
1593. Waite O, Smith A, Madge L et al. Sudden cardiac death in marathons: a systematic review. *Phys Sportsmed* 2016;44(1):79-84
1594. Wallmann HW, Christensen SD, Perry C et al. The acute effects of various types of stretching static, dynamic, ballistic, and no stretch of the iliopsoas on 40-yard sprint times in recreational runners. *Int J Sports Phys Ther* 2012;7(5):540-7
1595. Walsh DA, Radcliffe JC. Pain beliefs and perceived physical disability of patients with chronic low back pain. *Pain* 2002; 97(1-2):23-31.
1596. Walter JP, D'Lima DD, Colwell CW, Jr. et al. Decreased knee adduction moment does not guarantee decreased medial contact force during gait. *J Orthop Res* 2010; 28(10):1348-1354.
1597. Walton PD and French DP What do people think about running barefoot/with minimalist footwear? A thematic analysis. *Br J Health Psychol* 2016;21(2):451-68
1598. Walther M, I Reuter, T Leonhard et al. [Injuries and response to overload stress in running as a sport]. *Orthopade* 2005;34(5):399-404
1599. Wang L, Hong Y, Li JX et al. Comparison of plantar loads during running on different overground surfaces. *Res Sports Med* 2012; 20(2):75-85.
1600. Wang L, Hong Y and Li JX Durability of running shoes with ethylene vinyl acetate or polyurethane midsoles. *J Sports Sci* 2012;30(16):1787-92
1601. Wank V, Frick U, Schmidbleicher D. Kinematics and electromyography of lower limb muscles in overground and treadmill running. *Int J Sports Med* 1998; 19(7):455-461.



1602. Warburton DER, Charlesworth S, Ivey A et al. A systematic review of the evidence for Canada's physical activity guidelines for adults. *Int J Behav Nutr Phys Act* 2010; 7(1):39.
1603. Warden SJ, Davis IS and Fredericson M Management and prevention of bone stress injuries in long-distance runners. *J Orthop Sports Phys Ther* 2014;44(10):749-65
1604. Warden S, Kiss Z, Malara F et al. Comparative accuracy of magnetic resonance imaging and ultrasonography in confirming clinically diagnosed patellar tendinopathy. *Am J Sports Med* 2007; 35(3):427-436.
1605. Wardenaar FC, Dijkhuizen R, Ceelen JJ et al. Nutrient Intake by Ultramarathon Runners: Can They Meet Recommendations? *Int J Sport Nutr Exerc Metab* 2015;25(4):375-86
1606. Warne JP, Gruber AH. Transitioning to minimal footwear: A systematic review of methods and future clinical recommendations. *Sports Med Open* 2017; 3(1):33.
1607. Warne JP, Kilduff SM, Gregan BC et al. A 4-week instructed minimalist running transition and gait-retraining changes plantar pressure and force. *Scand J Med Sci Sports* 2014; 24(6):964-973.
1608. Warne JP and Warrington GD Four-week habituation to simulated barefoot running improves running economy when compared with shod running. *Scand J Med Sci Sports* 2014;24(3):563-8
1609. Watari R, Kobsar D, Phinyomark A et al. Determination of patellofemoral pain sub-groups and development of a method for predicting treatment outcome using running gait kinematics. *Clin Biomech* 2016; 38:13-21.
1610. Watari R, Osis S and Ferber R Use of baseline pelvic acceleration during running for classifying response to muscle strengthening treatment in patellofemoral pain: A preliminary study. *Clin Biomech (Bristol, Avon)* 2018;57(74-80
1611. Waterman BR, Laughlin M, Kilcoyne K et al. Surgical treatment of chronic exertional compartment syndrome of the leg: failure rates and postoperative disability in an active patient population. *J Bone Joint Surg Am* 2013;95(7):592-6
1612. Watson CJ, Propps M, Ratner J et al. Reliability and responsiveness of the lower extremity functional scale and the anterior knee pain scale in patients with anterior knee pain. *J Orthop Sports Phys Ther* 2005; 35(3):136-146.
1613. Wearing SC, Hooper SL, Dubois P et al. Force-deformation properties of the human heel pad during barefoot walking. *Med Sci Sports Exerc* 2014;46(8):1588-94
1614. Wearing SC, Reed L, Hooper SL et al. Running shoes increase Achilles tendon load in walking: an acoustic propagation study. *Med Sci Sports Exerc* 2014;46(8):1604-9
1615. Weckstrom K and Soderstrom J Radial extracorporeal shockwave therapy compared with manual therapy in runners with iliotibial band syndrome. *J Back Musculoskelet Rehabil* 2016;29(1):161-70
1616. Wegener C, J Burns and S Penkala Effect of neutral-cushioned running shoes on plantar pressure loading and comfort in athletes with cavus feet: a crossover randomized controlled trial. *Am J Sports Med* 2008;36(11):2139-46
1617. Wegener C, Greene A, Burns J et al. In-shoe multi-segment foot kinematics of children during the propulsive phase of walking and running. *Hum Mov Sci* 2015;39(200-11
1618. Weiss E Calcaneal spurs: examining etiology using prehistoric skeletal remains to understand present day heel pain. *Foot (Edinb)* 2012;22(3):125-9
1619. Weitzel. Critical evaluation of different scoring systems of the knee. 2002;
1620. Wellenkotter J, Kemozek TW, Meardon S et al. The effects of running cadence manipulation on plantar loading in healthy runners. *Int J Sports Med* 2014; 35(9):779-784.
1621. Wentz L, Liu PY, Ilich JZ et al. Dietary and training predictors of stress fractures in female runners. *Int J Sport Nutr Exerc Metab* 2012;22(5):374-82
1622. West AM and McInnis KC Unusual Iliac Crest Stress Fracture in a Marathoner: A Case Presentation. *PM R* 2018;10(7):775-778
1623. Whatman C, Hume P, Hing W. Kinematics during lower extremity functional screening tests in young athletes - are they reliable and valid? *Phys Ther Sport* 2013; 14(2):87-93.
1624. White J, Mills C, Ball N et al. The effect of breast support and breast pain on upper-extremity kinematics during running: implications for females with large breasts. *J Sports Sci* 2015;33(19):2043-50
1625. Whitley E, Ball J. Statistics review 4: Sample size calculations. *Crit Care* 2002; 6(4):335-341.
1626. Whittingham M, Palmer S, Macmillan F et al. Effects of taping on pain and function in patellofemoral pain syndrome: A randomized controlled trial. *J Orthop Sports Phys Ther* 2004; 34(9):504-510.
1627. Wijayarathne SP, Teichtahl AJ, Wluka AE et al. The determinants of change in patella cartilage volume—a cohort study of healthy middle-aged women. *Rheumatology* 2008; 47(9):1426-1429.
1628. Wilhelm M, Roten L, Tanner H et al. Long-term cardiac remodeling and arrhythmias in nonelite marathon runners. *Am J Cardiol* 2012;110(1):129-35
1629. Wilk KE, Davies GJ, Mangine RE et al. Patellofemoral disorders: A classification system and clinical guidelines for nonoperative rehabilitation. *J Orthop Sports Phys Ther* 1998; 28(5):307-322.
1630. Willems TM, De Ridder R, Roosen P. The effect of a long-distance run on plantar pressure distribution during running. *Gait Posture* 2012; 35(3):405-409.
1631. Williams. Hydration strategies of runners in the London marathon. 2012;
1632. Williams DS, 3rd, McClay Davis I and Baith SP Effect of inverted orthoses on lower-extremity mechanics in runners. *Med Sci Sports Exerc* 2003;35(12):2060-8
1633. Williams DS, 3rd and Welch LM Male and female runners demonstrate different sagittal plane mechanics as a function of static hamstring flexibility. *Braz J Phys Ther* 2015;19(5):421-8
1634. Williams DS, 3rd, Tierney RN and Butler RJ Increased medial longitudinal arch mobility, lower extremity kinematics, and ground reaction forces in high-arched runners. *J Athl Train* 2014;49(3):290-6
1635. Williams DS, McClay IS, Manal KT. Lower extremity mechanics in runners with a converted forefoot strike pattern. *J Appl Biomech* 2000; 16:210-218.
1636. Williams DSB, Green DH, Wurzing B. Changes in lower extremity movement and power absorption during forefoot striking and barefoot running. *Int J Sports Phys Ther* 2012; 7(5):525-532.
1637. Williams PT Breast cancer mortality vs. exercise and breast size in runners and walkers. *PLoS One* 2013;8(12):e80616
1638. Williams PT. Reduction in incident stroke risk with vigorous physical activity: Evidence from 7.7-year follow-up of the national runners' health study. *Stroke* 2009; 40(5):1921-1923.
1639. Williams PT. Effects of running and walking on osteoarthritis and hip replacement risk. *Med Sci Sports Exerc* 2013; 45(7):1292-1297.
1640. Williams PT. Walking and running are associated with similar reductions in cataract risk. *Med Sci Sports Exerc* 2013; 45(6):1089-1096.
1641. Williams PT. Reduced risk of incident kidney cancer from walking and running. *Med Sci Sports Exerc* 2014; 46(2):312-317.
1642. Williams PT. Significantly greater reduction in breast cancer mortality from post-diagnosis running than walking. *Int J Cancer* 2014; 135(5):1195-1202.
1643. Williams PT, Franklin BA. Reduced incidence of cardiac arrhythmias in walkers and runners. *PLoS one* 2013; 8(6):e65302.
1644. Williams VJ, Piva SR, Irrgang JJ et al. Comparison of reliability and responsiveness of patient-reported clinical outcome measures in knee osteoarthritis rehabilitation. *J Orthop Sports Phys Ther* 2012; 42(8):716-723.



1645. Willson JD. Lower extremity strength and mechanics during jumping in women with patellofemoral pain. 2009;
1646. Willson JD, Binder-Macleod S, Davis IS. Lower extremity jumping mechanics of female athletes with and without patellofemoral pain before and after exertion. *Am J Sports Med* 2008; 36(8):1587-1596.
1647. Willson JD, Bjorhus JS, Williams DS, 3rd et al. Short-term changes in running mechanics and foot strike pattern after introduction to minimalist footwear. *PM R* 2014; 6(1):34-43.
1648. Willson JD, Davis IS. Lower extremity mechanics of females with and without patellofemoral pain across activities with progressively greater task demands. *Clin Biomech (Bristol, Avon)* 2008; 23(2):203-211.
1649. Willson JD, Davis IS. Lower extremity strength and mechanics during jumping in women with patellofemoral pain. *J Sport Rehabil* 2009; 18(1):76-90.
1650. Willson JD, Davis IS, Willson JD et al. Lower extremity mechanics of females with and without patellofemoral pain across activities with progressively greater task demands. *Clin Biomech* 2008; 23(2):203-211.
1651. Willson JD, Kernozek TW, Arndt RL et al. Gluteal muscle activation during running in females with and without patellofemoral pain syndrome. *Clinical biomechanics (Bristol, Avon)* 2011; 26(7):735-740.
1652. Willson JD, Kernozek TW, Arndt RL et al. Gluteal muscle activation during running in females with and without patellofemoral pain syndrome. *Clin Biomech* 2011; 26(7):735-740.
1653. Willson JD, Loss JR, Willy RW et al. Sex differences in running mechanics and patellofemoral joint kinetics following an exhaustive run. *J Biomech* 2015; 48(15):4155-4159.
1654. Willson JD, Petrowitz I, Butler RJ et al. Male and female gluteal muscle activity and lower extremity kinematics during running. *Clin Biomech* 2012; 27(10):1052-1057.
1655. Willson JD, Ratcliff OM, Meardon SA et al. Influence of step length and landing pattern on patellofemoral joint kinetics during running. *Scand J Med Sci Sports* 2015; 25(6):736-743.
1656. Willson JD, Sharpee R, Meardon SA et al. Effects of step length on patellofemoral joint stress in female runners with and without patellofemoral pain. *Clin Biomech* 2014; 29(3):243-247.
1657. Willy RW, Bigelow MA, Kolesar A et al. Knee contact forces and lower extremity support moments during running in young individuals post-partial meniscectomy. *Knee Surg Sports Traumatol Arthrosc* 2017; 25(1):115-122.
1658. Willy RW, Buchenic L, Rogacki K et al. In-field gait retraining and mobile monitoring to address running biomechanics associated with tibial stress fracture. *Scand J Med Sci Sports* 2016; 26(2):197-205.
1659. Willy RW, Davis IS. The effect of a hip-strengthening program on mechanics during running and during a single-leg squat. *J Orthop Sports Phys Ther* 2011; 41(9):625-632.
1660. Willy RW, Davis IS. Varied response to mirror gait retraining of gluteus medius control, hip kinematics, pain, and function in 2 female runners with patellofemoral pain. *J Orthop Sports Phys Ther* 2013; 43(12):864-874.
1661. Willy RW, Davis IS. Kinematic and kinetic comparison of running in standard and minimalist shoes. *Med Sci Sports Exerc* 2014; 46(2):318-323.
1662. Willy RW, Davis IS, Willy RW et al. The effect of a hip-strengthening program on mechanics during running and during a single-leg squat. *J Orthop Sports Phys Ther* 2011; 41(9):625-632.
1663. Willy RW, Halsey L, Hayek A et al. Patellofemoral joint and achilles tendon loads during overground and treadmill running. *J Orthop Sports Phys Ther* 2016; 46(8):664-672.
1664. Willy RW, Manal KT, Witvrouw EE et al. Are mechanics different between male and female runners with patellofemoral pain? *Med Sci Sports Exerc* 2012; 44(11):2165-2171.
1665. Willy RW, Meardon SA, Schmidt A et al. Changes in tibiofemoral contact forces during running in response to in-field gait retraining. *J Sports Sci* 2016; 34(17):1602-1611.
1666. Willy RW, Scholz JP, Davis IS. Mirror gait retraining for the treatment of patellofemoral pain in female runners. *Clin Biomech* 2012; 27(10):1045-1051.
1667. Willwacher S, Fischer KM, Benker R et al. Kinetics of cross-slope running. *J Biomech* 2013; 46(16):2769-77.
1668. Willwacher S, Potthast W, Konrad M et al. Effect of heel construction on muscular control potential of the ankle joint in running. *J Appl Biomech* 2013; 29(6):740-8.
1669. Wilson DJ, Masterson G, Seagrave R. The prevalence of patellofemoral joint disorders with surgical endpoint. *Res Sports Med* 2012; 20(2):105-117.
1670. Willson JD, Petrowitz I, Butler RJ et al. Male and female gluteal muscle activity and lower extremity kinematics during running. *Clin Biomech (Bristol, Avon)* 2012; 27(10):1052-7.
1671. Wilson PB, Ingraham SJ, Lundstrom C et al. Dietary tendencies as predictors of marathon time in novice marathoners. *Int J Sport Nutr Exerc Metab* 2013; 23(2):170-7.
1672. Wilson T, Wilson T. The measurement of patellar alignment in patellofemoral pain syndrome: Are we confusing assumptions with evidence? *J Orthop Sports Phys Ther* 2007; 37(6):330-341.
1673. Willson JD, Petrowitz I, Butler RJ et al. Male and female gluteal muscle activity and lower extremity kinematics during running. *Clin Biomech (Bristol, Avon)* 2012; 27(10):1052-7.
1674. Willwacher S, Konig M, Potthast W et al. Does specific footwear facilitate energy storage and return at the metatarsophalangeal joint in running? *J Appl Biomech* 2013; 29(5):583-92.
1675. Winchester JB, Nelson AG, Landin D et al. Static stretching impairs sprint performance in collegiate track and field athletes. *J Strength Cond Res* 2008; 22(1):13-9.
1676. Winchester R, Turner LA, Thomas K et al. Observer effects on the rating of perceived exertion and affect during exercise in recreationally active males. *Percept Mot Skills* 2012; 115(1):213-27.
1677. Winter DA. Biomechanics and motor control of human movement, fourth edition. New York, John Wiley & Sons, 2009.
1678. Wirtz AD, Willson JD, Kernozek TW et al. Patellofemoral joint stress during running in females with and without patellofemoral pain. *Knee* 2012; 19(5):703-708.
1679. Wise HH, Fiebert I, Kates JL. Emg biofeedback as treatment for patellofemoral pain syndrome*. *J Orthop Sports Phys Ther* 1984; 6(2):95-103.
1680. Witvrouw E. Intrinsic risk factors for patellofemoral pain syndrome- implications for prevention and treatment. 2011;
1681. Witvrouw E, Mahieu N, Danneels L et al. Stretching and injury prevention: an obscure relationship. *Sports Med* 2004; 34(7):443-9.
1682. Witvrouw E, Callaghan MJ, Stefanik JJ et al. Patellofemoral pain: Consensus statement from the 3rd international patellofemoral pain research retreat held in vancouver, september 2013. *Br J Sports Med* 2014; 48:411-414.
1683. Witvrouw E, Danneels L, Van Tiggelen D et al. Open versus closed kinetic chain exercises in patellofemoral pain: A 5-year prospective randomized study. *Am J Sports Med* 2004; 32(5):1122-1130.
1684. Witvrouw E, Lysens R, Bellemans J et al. Open versus closed kinetic chain exercises for patellofemoral pain. A prospective, randomized study. *Am J Sports Med* 2000; 28(5):687-694.
1685. Witvrouw E, Werner S, Mikkelsen C et al. Clinical classification of patellofemoral pain syndrome: Guidelines for non-operative treatment. *Knee Surg Sports Traumatol Arthrosc* 2005; 13(2):122-130.
1686. Wolff J. The law of bone remodeling (translation of the german 1892 edition). Berlin Heidelberg New York, Springer, 1986.
1687. Wong AM, Docking SI, Cook JL et al. Does type 1 diabetes mellitus affect Achilles tendon response to a 10 km run? A case control study. *BMC Musculoskelet Disord* 2015; 16(345).



1688. Wong YM. Recording the vastii muscle onset timing as a diagnostic parameter for patellofemoral pain syndrome: Fact or fad? *Phys Ther Sport* 2009; 10(2):71-74.
1689. Wong YM, Straub RK, Powers CM. The vmo:vi activation ratio while squatting with hip adduction is influenced by the choice of recording electrode. *J Electromyogr Kinesiol* 2013; 23(2):443-447.
1690. Wongpakaran N, Wongpakaran T, Wedding D et al. A comparison of cohen's kappa and gwet's ac1 when calculating inter-rater reliability coefficients: A study conducted with personality disorder samples. *BMC Med Res Method* 2013; 13:61.
1691. Wood CM and Kipp K Use of audio biofeedback to reduce tibial impact accelerations during running. *J Biomech* 2014;47(7):1739-41
1692. Wood LE, White J, Milligan A et al. Predictors of three-dimensional breast kinematics during bare-breasted running. *Med Sci Sports Exerc* 2012;44(7):1351-7
1693. Wouters. Effects of a movement training program on hip and knee joint frontal plane running mechanics. 2012;
1694. Wright AA, Taylor JB, Ford KR et al. Risk factors associated with lower extremity stress fractures in runners: a systematic review with meta-analysis. *Br J Sports Med* 2015;49(23):1517-23
1695. Wuthrich TJ, Marty J, Kerherve H et al. Aspects of respiratory muscle fatigue in a mountain ultramarathon race. *Med Sci Sports Exerc* 2015;47(3):519-27
1696. Wyndow N, Collins N, Vicenzino B et al. Is There a Biomechanical Link Between Patellofemoral Pain and Osteoarthritis? A Narrative Review. *Sports Med* 2016;46(12):1797-1808
1697. Wyndow N, Cowan SM, Wrigley TV et al. Triceps surae activation is altered in male runners with Achilles tendinopathy. *J Electromyogr Kinesiol* 2013;23(1):166-72
1698. Wyndow N, Crossley K, Hodges P et al. The immediate effects of foot orthoses on lower limb neuromotor control in patellofemoral joint osteoarthritis: A pilot study.
1699. Wyndow N, De Jong A, Rial K et al. The relationship of foot and ankle mobility to the frontal plane projection angle in asymptomatic adults. *J Foot Ankle Res* 2016;9(3)
1700. Xiang L, Mei Q, Fernandez J et al. Minimalist shoes running intervention can alter the plantar loading distribution and deformation of hallux valgus: A pilot study. *Gait Posture* 2018;65(65-71
1701. Yagi S, Muneta T and Sekiya I Incidence and risk factors for medial tibial stress syndrome and tibial stress fracture in high school runners. *Knee Surg Sports Traumatol Arthrosc* 2013;21(3):556-63
1702. Yaicharoen P, Wallman K, Bishop D et al. The effect of warm up on single and intermittent-sprint performance. *J Sports Sci* 2012;30(8):833-40
1703. Yamaguchi T, Takizawa K and Shibata K Acute Effect of Dynamic Stretching on Endurance Running Performance in Well-Trained Male Runners. *J Strength Cond Res* 2015;29(11):3045-52
1704. Yamato TP, Saragiotto BT, Hespanhol Junior LC et al. Descriptors used to define running-related musculoskeletal injury: a systematic review. *J Orthop Sports Phys Ther* 2015;45(5):366-74
1705. Yamato TP, Saragiotto BT, Lopes AD. A consensus definition of running-related injury in recreational runners: A modified delphi approach. *J Orthop Sports Phys Ther* 2015; 45(5):375-380.
1706. Yong JR, Silder A, Montgomery KL et al. Acute changes in foot strike pattern and cadence affect running parameters associated with tibial stress fractures. *J Biomech* 2018;76(1-7
1707. Yoshida. A report - translation into japanese of the knee outcome survey (kos-ads). 2010;
1708. Yosmaoglu HB, Kaya D, Guney H et al. Is there a relationship between tracking ability, joint position sense, and functional level in patellofemoral pain syndrome? *Knee Surg Sports Traumatol Arthrosc* 2013;
1709. Yu B, Queen RM, Abbey AN et al. Hamstring muscle kinematics and activation during overground sprinting. *J Biomech* 2008; 41(15):3121-3126.
1710. Yu JG, Liu JX, Carlsson L et al. Re-evaluation of sarcolemma injury and muscle swelling in human skeletal muscles after eccentric exercise. *PLoS One* 2013;8(4):e62056
1711. Yu J, Park D and Lee G Effect of eccentric strengthening on pain, muscle strength, endurance, and functional fitness factors in male patients with achilles tendinopathy. *Am J Phys Med Rehabil* 2013;92(1):68-76
1712. Yuen J, Hung J, Wiggermann V et al. Multi-echo gre imaging of knee cartilage. *J Magn Reson Imaging* 2017; 45(5):1502-1513.
1713. Yung-Hui L and Wei-Hsien H Effects of shoe inserts and heel height on foot pressure, impact force, and perceived comfort during walking. *Appl Ergon* 2005;36(3):355-62
1714. Zadpoor AA and Nikooyan AA The effects of lower extremity muscle fatigue on the vertical ground reaction force: a meta-analysis. *Proc Inst Mech Eng H* 2012;226(8):579-88
1715. Zadpoor AA, Nikooyan AA. The relationship between lower-extremity stress fractures and the ground reaction force: A systematic review. *Clin Biomech* 2011; 26:23-28.
1716. Zadpoor AA, Nikooyan AA. The relationship between lower-extremity stress fractures and the ground reaction force: A systematic review. *Clin Biomech* 2011; 26(1):23-28.
1717. Zammit GV, HB Menz and SE Munteanu Structural factors associated with hallux limitus/rigidus: a systematic review of case control studies. *J Orthop Sports Phys Ther* 2009;39(10):733-42
1718. Zavorsky GS and Longo LD Exercise guidelines in pregnancy: new perspectives. *Sports Med* 2011;41(5):345-60
1719. Zdziarski LA, Chen C, Horodyski M et al. Kinematic, Cardiopulmonary, and Metabolic Responses of Overweight Runners While Running at Self-Selected and Standardized Speeds. *PM R* 2016;8(2):152-60
1720. Zech A, Argubi-Wollesen A and Rahlf AL Minimalist, standard and no footwear on static and dynamic postural stability following jump landing. *Eur J Sport Sci* 2015;15(4):279-85
1721. Zeni JA, Jr., Higginson JS. Gait parameters and stride-to-stride variability during familiarization to walking on a split-belt treadmill. *Clin Biomech* 2010; 25(4):383-386.
1722. Zhang JH, McPhail AJC, An WW et al. A new footwear technology to promote non-heelstrike landing and enhance running performance: Fact or fad? *J Sports Sci* 2017;35(15):1533-1537
1723. Zhao D, Banks SA, Mitchell KH et al. Correlation between the knee adduction torque and medial contact force for a variety of gait patterns. *J Orthop Res* 2007; 25(6):789-797.
1724. Ziilinski JL, Contursi ME, Isaacs SK et al. Myocardial adaptations to recreational marathon training among middle-aged men. *Circ Cardiovasc Imaging* 2015; 8(2):e002487.
1725. Zois J, Bishop D and Aughey R High-intensity warm-ups: effects during subsequent intermittent exercise. *Int J Sports Physiol Perform* 2015;10(4):498-503
1726. Zourdos. Effects of dynamic stretching on energy cost and running endurance performance in trained male runners. 2012;
1727. Zourdos MC, Sanchez-Gonzalez MA and Mahoney SE A brief review: the implications of iron supplementation for marathon runners on health and performance. *J Strength Cond Res* 2015;29(2):559-65
1728. Zwingerberger S, Valladares RD, Walther A et al. An epidemiological investigation of training and injury patterns in triathletes. *J Sports Sci* 2014;32(6):583-90

