

Table 1. Summary of risk factors for running-related injury identified from published scientific studies.

Study	Kinanthropometric characteristics			Training errors					Structural characteristics			Footwear		
	Age	Weight /BMI/ % fat	Sex	Intensity	Frequency	Mileage	Experience /initial fitness	Previous injury	Training surface	Foot	Knee alignment	Leg length difference	Shoe age	Orthotic use
(19)	+ve	+ve		+ve			-ve	+ve						
(12)				+ve	+ve	+ve								
(15)				+ve	+ve	+ve			+ve	+ve				
(26)				-		+ve		+ve	-					
(22)	Inv U			+ve			-ve	+ve						
(23)	+ve F	-ve M						+ve					+ve	
(16)						+ve	-ve	+ve						
(27)										Hi arch -ve	Varus -ve	+ve		
(38)						+ve		+ve						
(39)	+ve F		-ve F					+ve M						+ve
(40)						+ve								
(41)		+ve		+ve			-ve							
(42)	+ve		+ve M				-ve	+ve						
(14)								+ve		Forefoot varus +ve	Varus +ve			
(20)			+ve F					+ve			Q ang >20° F +ve			
(18)			+ve M		+ve									+ve
(10)	-	+ve M					-	+ve		Nav drop +ve F				
(11)								+ve						
(25)						+ve								
(17)					+ve	+ve								

Key: +ve = positive association with injury e.g. higher BMI, higher injury risk; -ve = negative association with injury e.g. lower initial fitness, higher injury risk; - = measured in the study but no association to injury risk; Inv U = inverted U relationship with injury e.g. injury risk is lowest at low age, rises for middle age and is lower again for older ages; +ve F/+ve M = positive association with injury risk in females/males; -ve F/-ve M = negative association with injury risk in females/males; Hi arch = high arch index score; Nav drop = navicular drop score; Q ang >20° F = Q angle higher than 20° in females.