

Quellen-/Studienangaben der Folge

1.) Regeneration Definition Physiologie aus der Wikipedia	
	https://de.wikipedia.org/wiki/Regeneration_(Physiologie)
2.) ist Regeneration für jede:n wichtig?	
	Keine Quellenangaben, bzw. folgt das was ich hier gesagt habe später
3.) Aktive Regeneration	
	Keine Quellenangaben, bzw. folgt das was ich hier gesagt habe später
4.) Welche Regenerationsmethoden empfiehlt ihr bzw. macht ihr selber ?	
Rehydratation/ Dehydratation der Bandscheibe	https://www.instagram.com/p/CYWeWZnMrNi/
	https://www.instagram.com/p/CYZVozRsvH2/
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	- Adaptiert von Adams et al., 1996
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5.) Ist mentale Erholung ein vernachlässigter Aspekt?	
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6.) Verletzungsprophylaxe	
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Food Core Training	<p>Chakravarty EF, Hubert HB, Lingala VB, Fries JF. Reduced disability and mortality among aging runners. <i>Arch Intern Med.</i> 2008;168(15):1638.</p> <p>Garatachea N, Pareja-Galeano H, Sanchis-Gomar F, et al. Exercise attenuates the major hallmarks of aging. <i>Rejuvenation Res.</i> 2015;18(1):57-89.</p> <p>Hespanhol LC Jr, Pillay JD, van Mechelen W, Verhagen E. Meta-analysis of the effects of habitual running on indices of health in physically inactive adults. <i>Sports Med.</i> 2015;45(10):1455-1468.</p> <p>National runners survey. Running USA. Accessed October 2, 2019.</p> <p>Running & jogging – statistics & facts. Accessed October 2, 2019. https://www.statista.com/topics/1743/running-and-jogging/</p> <p>Taunton JE, Ryan MB, Clement DB, McKenzie DC, Lloyd-Smith DR, Zumbo BD. A retrospective case-control analysis of 2002 running injuries. <i>Br J Sports Med.</i> 2002;36(2):95-101.</p> <p>Vivar C, van Praag H. Running changes the brain: the long and the short of it. <i>Physiology.</i> 2017;32(6):410-424.</p> <p>Van Gent RN, Siem D, Van Middeloop M, Van Os AG, Bierma-Zeinstra SMA, Koes BW. Incidence and determinants of lower extremity running injuries in long distance runners: a systematic review. <i>Sport en Geneeskd.</i> 2007;40(4):16-29.</p> <p>Pope R, Herbert R, Kirwan J. Effects of ankle dorsiflexion range and pre-exercise calf muscle stretching on injury risk in Army recruits. <i>Aust J Physiother.</i> 1998;44(3):165-172.</p> <p>Pope RP, Herbert RD, Kirwan JD, Graham BJ. A randomized trial of preexercise stretching for prevention of lower-limb injury. <i>Med Sci Sports Exerc.</i> 2000;32(2):271-277.</p> <p>van Mechelen W, Hlobil H, Kemper HCG, Voorn WJ, de Jongh HR. Prevention of running injuries by warm-up, cool-down, and stretching exercises. <i>Am J Sports Med.</i> 1993;21(5):711-719.</p> <p>Nielsen RO, Buist I, Sørensen H, Lind M, Rasmussen S. Training errors and running related injuries: a systematic review. <i>Int J Sports Phys Ther.</i> 2012;7(1):58-75.</p> <p>Hulme A, Nielsen RO, Timpka T, Verhagen E, Finch C. Risk and protective factors for middle- and long-distance running-related injury. <i>Sports Med.</i> 2017;47(5):869-886.</p> <p>Taddei et al. (2020) Foot Core Training to Prevent Running-Related Injuries: A Survival Analysis of a Single-Blind, Randomized Controlled Trial. https://journals.sagepub.com/doi/10.1177/0363546520969205?url_ver=Z39.88-2003&rft_id=ori:rid:crossref.org&rft_dat=cr_pub%20%20pubmed</p>
Prävention von	<p>Fiuza-Luces C, Garatachea N, Berger NA et al (2013) Exercise is the real polypill. <i>Comp Biochem Physiol A Physiol</i> 28:330–358.</p> <p>Geidl W, Abu-Omar K, Weege M et al (2020) German recommendations for physical activity and physical activity promotion in adults with noncommunicable diseases. <i>Int J Behav Nutr Phys Act</i> 17:12.</p> <p>WHO (2018) Physical activity. In: WHO fact sheets. WHO, Geneva.</p> <p>Finger JD, Mensink GBM, Lange C et al (2017) Health-enhancing physical activity during leisure time among adults in Germany. <i>J Health Monit</i> 2. https://doi.org/10.17886/RKI-GBE-2017-040</p> <p>Murray CJ, Atkinson C, Bhalla K et al (2013) The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. <i>JAMA</i> 310:591–608.</p>

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Massage und Massagepistolen und Reboots	<p>Boitor M, Gelinas C, Richard-Lalonde M, Thombs BD. The effect of massage on acute postoperative pain in critically and acutely ill adults post-thoracic surgery: Systematic review and meta-analysis of randomized controlled trials. <i>Heart Lung</i> 2017;46:339–346.</p> <p>Boyd C, Crawford C, Paat CF, et al. The impact of massage therapy on function in pain populations —A systematic review and meta-analysis of randomized controlled trials: Part II, cancer pain populations. <i>Pain Med</i> 2016;17:1553–1568.</p> <p>Boyd C, Crawford C, Paat CF, et al. The impact of massage therapy on function in pain populations —A systematic review and meta-analysis of randomized controlled trials: Part III, surgical pain populations. <i>Pain Med</i> 2016;17: 1757–1772.</p> <p>Crawford C, Boyd C, Paat CF, et al. The impact of massage therapy on function in pain populations —A systematic review and meta-analysis of randomized controlled trials: Part I, patients experiencing pain in the general population. <i>Pain Med</i> 2016;17:1353–1375.</p> <p>Furlan AD, Giraldo M, Baskwill A, et al. Massage for lowback pain. <i>Cochrane Database Syst Rev</i> 2015;9:CD001929.</p> <p>Guo J, Li L, Gong Y, et al. Massage alleviates delayed onset muscle soreness after strenuous exercise: A systematic review and meta-analysis. <i>Front Physiol</i> 2017;8: 747.</p> <p>Qaseem, Amir, et al. "Noninvasive treatments for acute, subacute, and chronic low back pain: a clinical practice guideline from the American College of Physicians." <i>Annals of internal medicine</i> 166.7 (2017): 514-530.</p> <p>Shin ES, Seo KH, Lee SH, et al. Massage with or without aromatherapy for symptom relief in people with cancer. <i>Cochrane Database Syst Rev</i> 2016;6:CD009873.</p> <p>Smith CA, Levett KM, Collins CT, et al. Massage, reflexology and other manual methods for pain management in labour. <i>Cochrane Database Syst Rev</i> 2018;3: CD009290.</p> <p>Wei X, Wang S, Li L, Zhu L. Clinical evidence of Chinese massage therapy (Tui Na) for cervical radiculopathy: A systematic review and meta-analysis. <i>Evid Based Complement Alternat Med</i> 2017;2017:9519285.</p>

8.) Dehnen	
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9.) Ernährung	
	Das war Rebeccas Thema - hab ich da was zu gesagt?