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The epidemiology of running for health: on health benefits, burden and costs of injuries, and injury prevention in running

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About the author

I (Luiz Carlos Hespanhol Junior) was born in 15 April 1986 in São Paulo, SP, Brazil. I was raised in Santo André, where I finished my primary and secondary education. In 2007, I received my physiotherapy degree at Universidade Metodista de São Paulo (UMESP), São Bernardo do Campo, SP, Brazil. After my graduation, I worked in private clinics treating patients with musculoskeletal disorders and sports injuries in São Paulo. In 2009, I finished two specialisation courses: Functional Re-education of Movement and Posture in the Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo (HCFMUSP); and Acupuncture in the Brazilian Association of Acupuncture (ABA).

In 2010, I enrolled in the Master's Program in Physiotherapy of the Universidade Cidade de São Paulo (UNICID), Brazil. My master's project was on the epidemiology of running injuries, and I participated in the foundation of the São Paulo Running Injury Group (SPRunIG). In 2011, I received my master's degree and I continued working as a research fellow at UNICID. In parallel, I also worked in a Brazilian elite track and field team (national and Olympic level) as a sports physiotherapist. In 2012, I was granted a scholarship to do my PhD at VU University Medical Center Amsterdam (VUmc), the Netherlands. This scholarship was funded by CAPES (Coordenação de Aperfeiçoamento de Pessoal de Nível Superior), Ministry of Education of Brazil. During the last four years (2012 – 2016) I have been working full-time in the EMGO+ Institute for Health and Care Research and in the Department of Public & Occupational Health at VUmc, in a research project that resulted in the work herein presented. Also, I have been collaborating with SPRunIG.

My professional interests are: epidemiology; sports injury prevention; sports physiotherapy; promotion of physical activity; economic evaluations; development, implementation, and evaluation of health promotion programmes; Bayesian inference; and running-related topics. Some of my hobbies are: travelling; playing guitar and/or singing; running; watching movies and series; and spending time with my family and friends.

Curriculum Vitae

<http://lattes.cnpq.br/5224710039315770>

Publications

ResearchGate: https://www.researchgate.net/profile/Luiz_Hespanhol_Junior

ResearcherID: <http://www.researcherid.com/rid/H-8636-2013>

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