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# Literatuur Module 3: Bewegen

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## Bewegen & artrose (algemeen)

### Fysieke activiteit en artrose (minder pijn, verbeterde functie)

- [Is Long-Term Physical Activity Safe for Older Adults with Knee Pain? A Systematic Review \(Quicke et al., 2015\)](#)
- [Effect of Physical Activity in Knee and Hip Osteoarthritis: A Systematic Umbrella Review \(Kraus et al., 2020\)](#)

### Belang van bewegen algemeen

- [Beweegrichtlijnen \(Gezondheidsraad, 2017\)](#)

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## Oefen-therapie

- [Do We Need Another Trial on Exercise in Patients with Knee Osteoarthritis?: No New Trials on Exercise in Knee OA \(Verhagen et al., 2019\)](#)
- [Pain Trajectory and Exercise-Induced Pain Flares During 8 Weeks of Neuromuscular Exercise in Individuals with Knee and Hip Pain \(Sandal et al., 2016\)](#)

### Oefentherapie éxtra zinvol voor mensen met vroege artroseklachten

- [People with Short Symptom Duration of Knee Osteoarthritis Benefit More From Exercise Therapy Than People with Longer Symptom Duration: An Individual Participant Data Meta-Analysis from the OA Trail Bank \(van Middelkoop et al., 2024\)](#)

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## Sporten & artrose

### Hardlopen

- [The Association of Recreational and Competitive Running With Hip and Knee Osteoarthritis: A Systematic Review and Meta-analysis \(Alentorn-Geli et al., 2017\)](#)
- [The Risk of Osteoarthritis with Running and Ageing: A 5-Year Longitudinal Study \(Lane et al., 1993\)](#)
- [Effects of Running on the Development of Knee Osteoarthritis: An Updated Systematic Review at Short-Term Follow-up \(Dhillon et al., 2023\)](#)
- [High-Field Magnetic Resonance Imaging Assessment of Articular Cartilage Before and After Marathon Running: Does Long-Distance Running Lead to Cartilage Damage? \(Luke et al., 2010\)](#)
- [Running Does Not Increase Symptoms or Structural Progression in People with Knee Osteoarthritis: Data From the Osteoarthritis Initiative \(Lo et al., 2018\)](#)

### Andere sporten

- [The Influence of Different Sports on Cartilage Adaptions: A Systematic Review \(Trovato et al., 2023\)](#)
- [LoaD onderzoek \(onderzoek naar wandelen, hardlopen, wielrennen en tennissen\)](#)
- [Artrose Gezond | Catalogus knievriendelijke sport- en beweegactiviteiten \(o.a. fietsen, gymnastiek \(water\), zwemmen, nordic walking, cross trainer\)](#)