

# Role of the Physiotherapist Belgian Kayak Team

# Small but Dedicated Staff

Coach +  
physiotherapist  
(sometimes 1  
extra)

Very polyvalent  
role

Strong proximity  
with athletes

# Working with Coach Maxime Richard

World-class  
coach

Manages  
training &  
schedules

Facilitates  
clear and calm  
collaboration

# Main Mission During Competitions

Keep athletes physically ready

Observe, listen, react quickly

Prevent small issues becoming injuries

# Managing Small Injuries

Minor pains & stiffness

Manual therapy

Taping / strapping

Mobility & recovery between races

# Mental & Emotional Support

Safe space  
during  
treatments

Reassure  
athletes

Manage stress  
& anxiety

Calm and  
grounding  
presence

# Dual Role: Physio & Logistics

Transport & equipment support

Often driver with coach

High adaptability

Strong team cohesion

# Communication with the Coach

Daily  
feedback on  
fatigue & pain

Adjust warm-  
ups or load

Shared  
decisions for  
performance

# Role Outside Competition Season

Athletes  
spread across  
countries

Less physical  
presence

Always  
available if  
needed

Present at  
Belgian races

# Medical Testing & Follow-up

Hospital  
collaborations

Imaging &  
functional  
tests

Physio  
receives  
reports

Ensures  
continuity of  
care

# Conclusion

Physio = more  
than injury care

Physical, mental  
& logistical  
support

Key stability role  
in a small team