

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

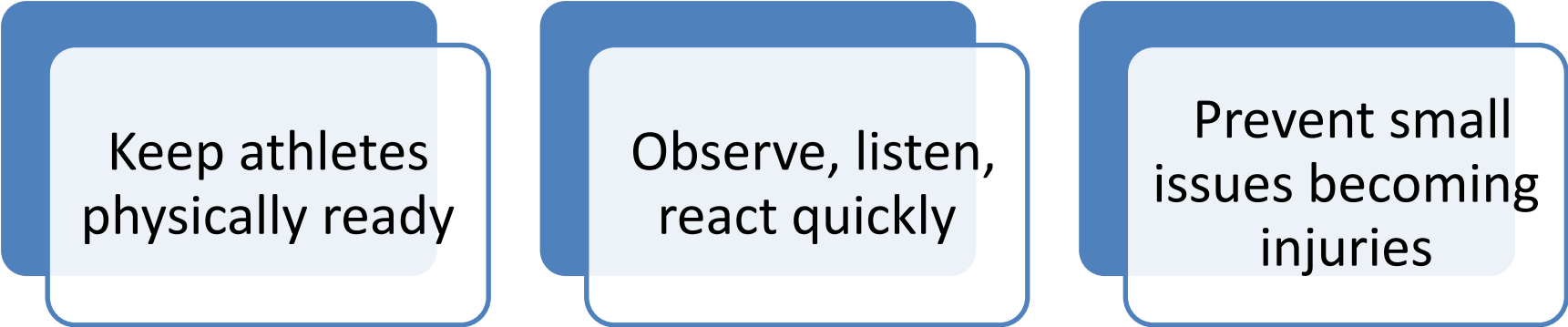


World-class
coach

Manages
training &
schedules

Facilitates
clear and calm
collaboration

Main Mission During Competitions

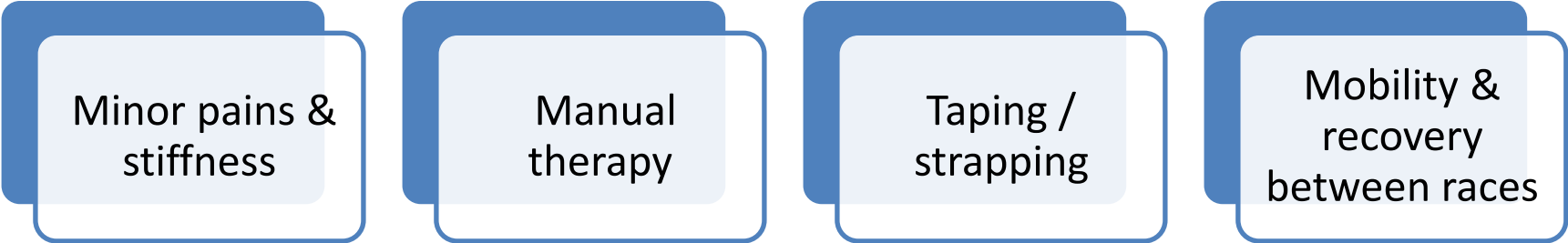


Keep athletes
physically ready

Observe, listen,
react quickly

Prevent small
issues becoming
injuries

Managing Small Injuries



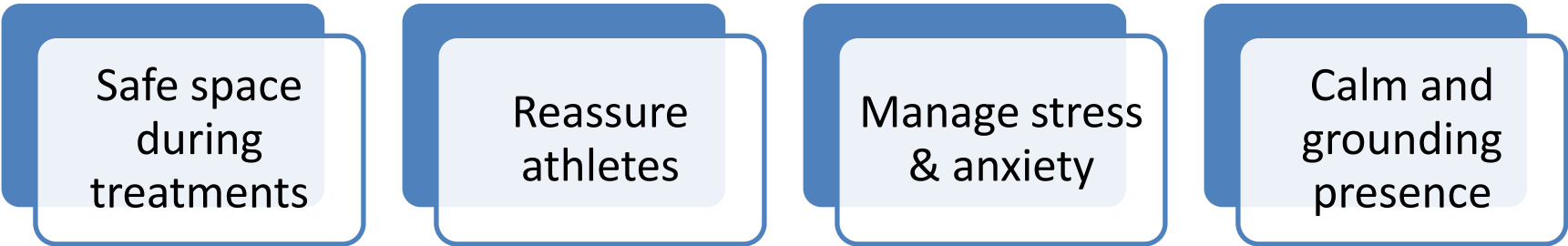
Minor pains &
stiffness

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



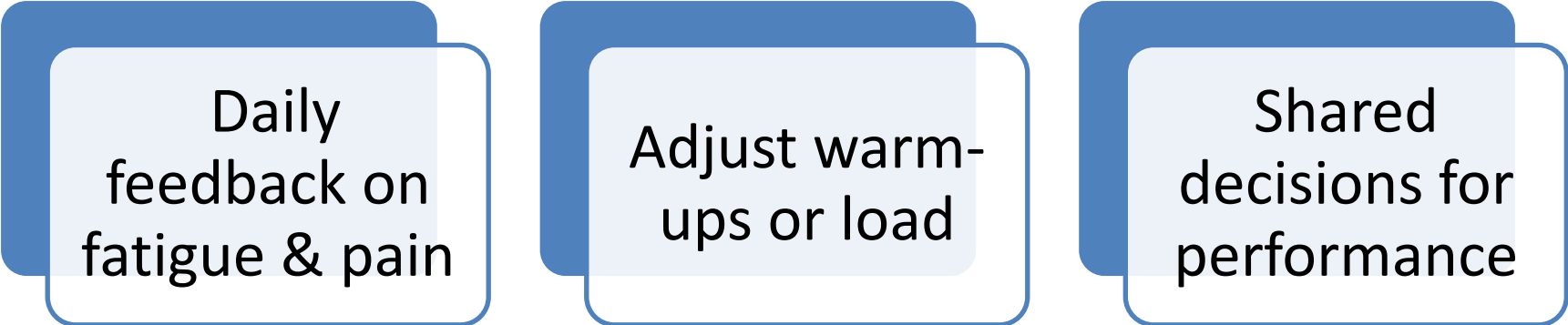
Transport &
equipment
support

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

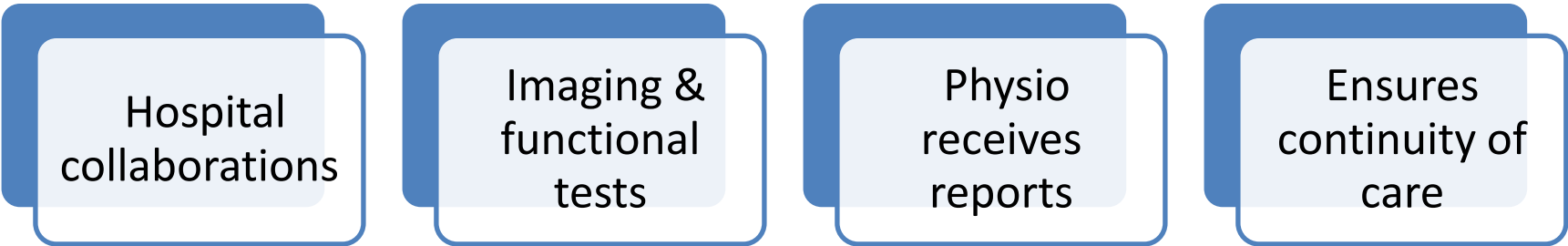
Athletes
spread across
countries

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