

MASTER CLASSES

SHORT OVERVIEW

2025 – Best practice advice on the use of recovery applications for health and biohacking.

- **ReNu Optimum Health – Staff and Management Team, London United Kingdom**

2024 – Conseils sur les meilleures pratiques concernant l'utilisation de la whole-body cryo dans le sport pour l'entraînement, la compétition et la rééducation

- **Ville de Macon – Département de Sport, Macon France.**

2023 – Best practice advice on the use of whole-body cryo in sports for training, competition and rehabilitation.

- **Red Bull Athlete Performance – Sport Medical and Performance Team, Salzburg Austria**

2022 – Performance Recovery in elite team sports.

- **Medical Stadium Mérignac, Dr. C. Baudot, head sports physician Paris SG FC, France.**

2021 – The Art and Science of Management of Injuries in Elite Sports

- **Sport Physical Therapy Program, University of Salzburg, Austria**

2019 – The use of water immersion in elite sports

- **Guangdong Sports Hospital, Guangdong China.**

2019 – The use of water immersion in elite sports for recovery and rehabilitation.

- **Shandong Beihai Sports Training Center, Shandong China.**

2017 – Applying whole-body cryotherapy in elite football.

- **'Football Medicine Conference' at Camp Nou Barcelona, Spain.**

2016 – Use of whole-body cryo in elite football.

- **Fysiomed Amsterdam with participation of several Premier League football clubs.**

2015 – Master Class on the use of compressive cooling therapy during acute muscle injury care.

- **Sport Physical Therapists of the first division soccer teams in the Netherlands.**

2008 – Correct application of cold therapy in Sport Injury Management

- **BLOSO Department of Topsport, Brussels Belgium.**

