

PRESENTATIONS & WORKSHOPS

SHORT OVERVIEW

2025 - Best practice advice on the use of recovery applications for training, competition and rehabilitation

- **Presenting on recovery applications for Red Bull Athlete Performance for their new performance and recovery center in Salzburg, Austria**

2023 - Customized Recovery, Durable Performance - Recovery strategies : linking science and practice

- **Recovery program during the 'Isokinetic Football Medicine Conference' in London, UK**

2022 - Is there a place for recovery modalities such as cold and hot water immersion during rehabilitation. What you should know when considering the integration of recovery modalities such as warze immersion and whole-body cryo?

- **Performance Recovery Program, Medical Stadium Mérignac. Custorec together with Dr. C. Baudot, head sports physician of Paris SG FC.**

2022 - Insight in whole-body cryo: Principles, research and technology

- **Manchester United FC Sports Science and Sports Medical department, video-presentation.**

2019 - Water Immersion in Elite Sports, more than just an 'Icebath'!

- **Chinese National Teams preparing for the Tokyo Olympic Games, Beijing Capital University.**

2018 - Whole Body Cryotherapy; 'new hype OR effective and safe treatment method?'

- **British Compressed Gas Association BCGA, Leeds United Kingdom.**

2017 - Applying whole-body cryo in elite football.

- **FIFA Medical Centre of Excellence - Dubai in partnership with U.A.E Football Federation**

2017 - Positioning whole-body cryo in sports practice.

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

2016 - Customized cooling: An update on the use of cryotherapy in rehabilitation and recovery.

- **Sports Medicine conference, Groundbreaking Sports Medicine, Turnhout Belgium.**

2016 – Acute Care Management and Rehab of athletes when preparing for the Olympic Games.

- **Chinese Ministry of Sports, General Administration of Sport of China, and China Institute of Sport Science**

2015 – The impact of personal parameters during immediate and transition care.

- **'Cool Lunch Break' – National Athletic Trainers Association NATA Convention, USA.**

2010 – Continuous cooling for acute care of muscle injuries, a new 'evidence-based' approach.

- **Sports Medical Department of Manchester United FC, UK.**

2010 – Cryotherapy and acute care of muscle injuries, a perfect match? –

- **ESKA European Sports Traumatology and Knee Arthroscopy Conference, Oslo Norway.**

2007 – A new approach on 'Cryotherapy' in Sport Injury Management

- **World Conference of the Society for Tennis, Medicine and Science, Antwerp Belgium.**