



HOW THE ROLE OF PHYSIOTHERAPIST AT WWC HAS CHANGED OVER THE PAST 10YEARS - WHAT ARE THE TRENDS?

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- The physiotherapist is a legitimate and essential member of the WWC team
- From occasional support to a stable, year-round part of the team

- Wildwater canoeing is not a natural human movement
- Ergonomy, adaptation, compensation
- Injuries occur when training progresses faster than adaptation
- Overmotivated athletes

- The role of the physiotherapist differs between training camps and competitions
- Physiotherapist as a “safe spot“

- Specialization vs. Holistic approach
- Modern sports physiotherapy goes beyond specialization

- “Inner world of the athlete“

GO OUT AND FIND YOUR PHYSIO