

Biographical Information



Pat Viroux

40 years experience in Sports Physical Therapy & Rehabilitation

www.patviroux.com

Served since 1982 as a certified sports physical therapist in his private practice in Antwerp Belgium. During his professional career as rehab specialist, he worked for many professional sports organizations and clubs such as the Belgian Tennis Federation and the Belgian National basketball team. He worked with many elite athletes from John McEnroe (ATP), Didier Mbenga (NBA) to Kim Clijsters (WTA). He was one of the first experts to integrate the kinetic chain principles in sports injury rehabilitation and prevention.

His interest in cooling and heating as a therapeutic modality originated in 2000 when a new therapeutic modality was introduced. Starting a journal club on the use of cooling and heating as a therapeutic and recovery modality, an extensive scientific library was the result. Build on all this proof different treatment protocols concerning different regions and phases of repair were developed. Presenting and introducing this method to some high-level sport medical departments during the ESSKA Conference in Oslo Norway, integration as standard care by soccer teams like Manchester United FC and PSV Eindhoven was the result.

Ever since he presented at several international conferences on the value of cold, heat and compression therapy. Together with his colleagues, Pat founded a new organization called ProCcare in January 2015 to develop their method further. Within this cooling and heating method, the approach is divided into Injury Rehabilitation Care, Performance Recovery Care, and Athletes General Care. Based upon a well-validated thermo-physiological model each protocol is customized by counterbalancing the impact of personal characteristics.

Currently, he is an independent consultant in the management and rehabilitation of sports injuries in elite athletes. In 2016 he was elected as the head physical therapist within the sport medical team of the Chinese Olympic Committee to support the Chinese team doctors and athletes such as Shi Zhiyong in the training camp in Sao Paolo before the Rio Olympic Games.

Together with his colleagues from Europe, all rehab specialists in elite sports, he has been giving current concept courses in sports rehabilitation on topics such as knee & shoulder rehabilitation, muscle & tendon rehabilitation and youth injury rehabilitation and prevention.