

WORKSHOP PROGRAM 2018

COURSE AIM: IMPROVE AN UNDERSTANDING
KNOWLEDGE OF **NMES**, ENHANCE
HANDLING SKILLS

01 NMES in professional sport: what and how in performance enhancement

02 Power Training combining NMES

03 Endurance Training with electrostimulation

04 Efficient recovery and specific NMES programs post trauma and surgeries of knee, hip, shoulder and ankle

Workshop Location: TEIDA, Druskininkų 1, Kaunas, (Lithuania)

Workshop Date: 6-April-2018

Workshop time: 13.00 – 18.00

Course Leader: Heiko van Vliet – International Rehab and Training NMES Expert.

Course for: Athletes, coaches, sport physiotherapists, sport medicine doctors and other medical and sport staff.

Course aim: Improve an understanding knowledge of NMES, enhance handling skills.

Course type: This course will have a strong practical element and will include lectures, discussion and practical demonstration.

FEE: 129EUR (INCL VAT). LIMITED PARTICIPATION

Registration for workshop: <https://tickets.paysera.com/lt/event/elektrostimuliacija-sporte-ir-sporto-medicinoje>

Information tel.+37065333884



ABOUT COURSE LEADER

COURSE AIM: IMPROVE AN UNDERSTANDING KNOWLEDGE OF **NMES**, ENHANCE HANDLING SKILLS

HEIKO VAN VLIET

Heiko was born in Holland and grew up to be a National champion in Gymnastics, which then catapulted him into coaching athletes. Heiko was the first ever Dutch National coach within gymnastics. This was only the beginning! He humbly boasts winning gold with the Swiss snowboarding team, training Olympians in Winter and Summer sports, National Hockey, Football, Rugby teams and now CrossFit athletes. Heiko van Vliet is world's leading NMES training provider. And more than 30 years working with top-level athletes.



PROFESSIONAL QUALIFICATIONS

Federal Expert Universities Switzerland Gymnastics,
National Coach Olympic Gymnastics Netherlands,
Physical Education Teacher, Bachelor Sport
International judge Olympic Gymnastics, FIG
Complex Training and Rehabilitation specialist in Sport and Sport Medicine Professor
in Functionally Anatomy, University of Lausanne
Professor on the EHL, Functional Anatomy
Teacher in Gymnastics in University Sports, University of Lausanne

Swimming: 2004-2012 Complex Coach of Alexander Popov for Sydney Olympics 2004
National swimming team Hong Kong;

Football: Real Madrid /FC Barcelona Panatinaikos, Greece FC Porto,
Portugal Schalke 04, Allemagne Hanover, Allemagne (April 2006) Chelsea, Tottenham
Hotspurs, Manchester Nationalsélection, Emirats; Rugby All Saints, Northampton,
Leicester Tigers, UK English Rugby;

Rowing: British Sport Association (Physiotherapy treatments and Commonwealth
Games advisor), Bishop Abby (UK);

and many others as specialist electrostimulation, training and rehabilitation.

PROFESSIONAL EXPERIENCE

