



Working with Elite Teams.  
Building Trust in Professional Athletes.  
Learn how to excel in pro sports environments.

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Speaker: ESP Founder - Dr. Roland Claes DC MEAC

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Advanced, high-tech rehab methods that  
bridge sports chiropractic care and sports  
performance. Experience from 35 years in  
Sports Chiropractic.

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Learn how ESP integrates advanced tech  
with manual care for elite results.

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The Business Model Behind  
a Thriving Multidisciplinary  
Chiropractic Clinic in Belgium

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## CURRICULUM VITAE « RC »

- Sports Chiropractor (DC) Graduate 1991 Life University - USA
- M.Sc. Nutrition & Exercise Physiology
- B.Sc. In Fitness, Conditioning & Performance
- Member European Academy of Chiropractors (MEAC)
- Secretary-General Belgium Chiropractors Union (BCU)
- President Belgium National Council Sports Chiropractic (NCSC)
- Member Executive Council (ExCo) of FICS & European Region Representative
- Observer to the International Sports Federation Commission (ISFC)
- Founder (ESP) Elite Sport Performance Health Centre. 3 Locations.
- 35 Years of Clinical Experience as Consultant to Elite Athletes and Professional Teams
- Instagram: @rolandclaes @weareesp



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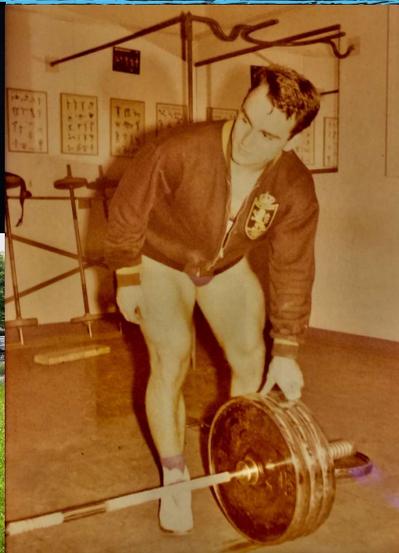
## About ESP – Elite Sport Performance

- High-performance clinics based in 3 locations in Belgium
- Integrates chiropractic care, multidisciplinary rehab, and performance training
- Focused on results and measurable progress



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## MY INSPIRATION: 3 GENERATIONS



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## Share a Clear Mission & your Vision

- Mission: Deliver **elite-level** outcomes through precision and multidisciplinary teamwork.
- Vision: To redefine **elite-level** sports rehab by uniting manual therapy, technology, AI, and performance.



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## TEAM ESP: FIBO 2025



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## The ESP Difference

- Integrated care model
- Objective performance data
- Athlete-, Patient-first Philosophy
- Complete Collaborative team culture
- Practice what you Preach



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## Building the Multidisciplinary Model

- Chiropractic + Physiotherapy + Nutrition  
+ Sports Massage + Strength & Conditioning
- Communication & data-sharing
- Unified treatment Philosophy



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**THE NUMBER OF CLINICIANS  
THAT CAN DRY NEEDLE  
A MUSCLE OR CRACK A  
BACK IS SO MUCH GREATER  
THAN THOSE THAT CAN  
ANALYZE A SQUAT OR  
COACH THE DEADLIFT.  
THIS IS A PROBLEM.**



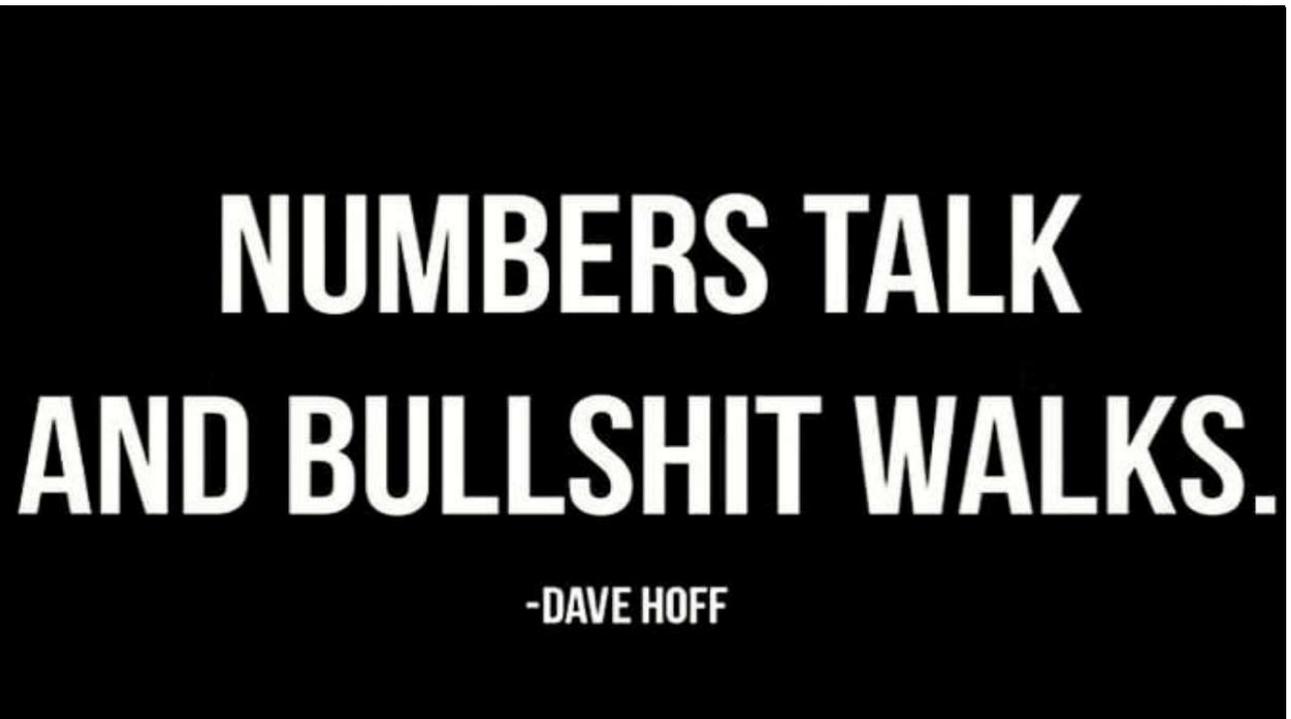
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## The ESP Framework – Core Pillars

- 1. Clinical Excellence
- 2. Technology Integration
- 3. Mentoring
- 4. Business Sustainability



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## From Care to Performance

- Move from injury management to performance enhancement
- Focus on longevity, not just recovery
- Build athlete confidence



BEFORE **ESP** AFTER

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## The Team Ecosystem

- Chiropractors, Physios, Sports Doctors, Trainers, Nutritionists, Masseurs, Data Analysts
- Clear communication pathways
- Shared athlete dashboards

### TODAY'S STRATEGY

T	TOGETHER
E	EVERYONE
A	ACHIEVES
M	MORE

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## Technology Integration in ESP

- Wearable sensors & movement analysis
- 3D exercise platforms
- Body Composition Analysis
- Force plates & objective testing
- Recovery devices
- Neuromuscular stimulation devices



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## Case Study: Elite Athlete Recovery

- Post-injury return to performance
- Combined manual therapy + 3D analysis + neuromuscular activation
- Faster, more measurable outcomes

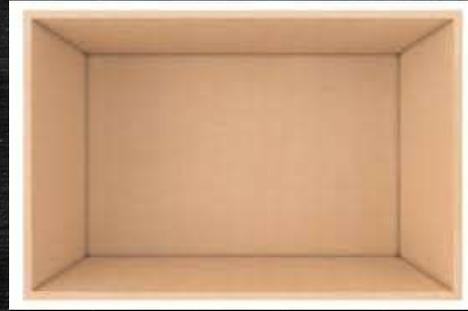


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## Lessons Learned Along the Way

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- Innovation brings mistakes
- Tech without context is Noise
- Collaboration beats Competition. Always.
- Invest in your Knowledge
- Don't start with prioritizing Equipment



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## Building Trust in Professional Sports

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- Deliver Consistency and Professionalism
- Respect existing medical staff
- Show Value through Results



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## Communication & Consistency

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- Speak the same language as coaches & physios
- Provide clear data reports
- Stay available and accountable
- Lead by Example
- Grow

FOCUS ON MAKING  
YOURSELF BETTER,  
NOT ON THINKING  
THAT YOU  
ARE BETTER.

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## Clinic Growth & Differentiation

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- Data-driven rehab is part of the puzzle
- Athlete experience is the product
- Brand strength = clinical credibility
- Recruitment selection must be Elite-Level

**WE ARE**  
**HIRING**  
**A**  
**PERSONAL**  
**TRAINER**



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## Keys to Long-Term Success

- Lead with purpose
- Stay innovative
- Build systems around values
- Recruit passionate people
- Invest wisely. Impulsivity is bad
- Work Hard. Stay Humble
- Be Curious and remain Curious



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Never go a day without learning something new.  
The more you know, the more you can offer others & add value to their lives.

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## Conclusion & Contact

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STAY IN TOUCH WITH TEAM ESP!



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