

# Smart Sport International Turns Five!

Contributed by Allan Besselink, PT, Dip.MDT  
Monday, 12 January 2009  
Last Updated Monday, 12 January 2009

There's no better way to start off a new week than with a celebration!

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Today marks the 5 year anniversary of the opening of the first Smart Sport International office in Austin, Texas. Throughout this time, the focus has been on physical therapy, endurance sports coaching, and education.

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On the physical therapy side, we have continued to provide the McKenzie Method as a primary approach to care. This stems from my being one of the 300 or so practitioners worldwide who have attained the highest level of training in the McKenzie Method, and one of but a handful in the world that focus specifically on the problems of the active population.

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From a coaching perspective, Smart Sport International has guided many runners, triathletes, and endurance athletes to achieve their sport goals. From the first time runner to the experienced Ironman triathlete, our clients have participated in events all over the world at all levels, from Austin to Kona and all points in between.

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And educationally, Smart Sport International continues to present seminars and educational programs focusing on injury recovery, injury prevention, strength training, and many other topics. These have helped to build the overall level of knowledge of the sports and health care community. The Smart Sport website serves as a basis for it's educational goals, and since April 2007 has had over 10,000 visitors and over 50,000 pages viewed!

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In 2008, the book "RunSmart: A Comprehensive Approach to Injury-Free Running" was released to solid reviews throughout the U.S. and Canada.

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With all of these things in mind, I would like to thank all those that have been involved in our success - the athletes, clients, patients, and readers that have supported the Smart Sport International mission. I am looking forward to the next 5 years!