



Smart Sport International (SSI) is the model clinical and coaching practice that support the vision and mission of the Besselink Project. The purpose of Smart Sport International is to provide a seamless integration of sport science solutions in a variety of settings. SSI provides two primary services to individuals and teams:

Physiotherapy And Injury Recovery

Smart Sport International is a Certified McKenzie Clinic offering orthopedic physiotherapy services specializing in injury recovery. [Mechanical Diagnosis and Therapy \(MDT\)](#) , otherwise known as the McKenzie Method, focuses on mechanical assessment, education, exercise, and the patient's self-treatment skills. This approach to care is both cost- and time-effective.

SSI is a Certified McKenzie Clinic, one of 84 certified clinics in the world. Allan is one of 500 clinicians in the world that have attained the Dip.MDT - the highest level of training in MDT - and one of just a handful worldwide that focuses their clinical practice on the problems of the athlete.

Your sessions are spent directly with Allan - no other support staff or techs involved.

Description: "I am injured, and I need a personalized injury recovery program that is outcome- and performance-driven". (Please note: Injury Recovery Programs no longer require a "referral for physical therapy" in order to begin treatment per Texas state law. After 10 business days, a referral from an MD, DO, PA, DDS, DPM, NP, or DC in any state is required. A typical episode of care is 5 visits.

Physiotherapy services are offered on a fee-per-case and fee-per-session basis and are scheduled either live (in-clinic) or remote (in-home). Fees can be found [here](#).

To schedule an appointment, contact Allan Besselink at [ab\[at\]smartsport\[dot\]info](mailto:ab@smartsport.info).

Coaching And Sport Performance

Smart Sport International provides coaching and athlete mentoring services specializing in sport performance and injury prevention. Coaching services focus on developing and progressing a training program based specifically on your needs, goals, and expectations. Coaching and sport performance programs are designed for athletes of all levels - from those new to exercise all the way to those training at the highest levels of their sport. SSI provides special expertise in ultra-endurance sports, running, triathlon, and track and field. Allan has coached athletes in a broad range of sports, including a World Masters gold medalist at 800 and 1500m all the way to a top 20 pro finisher at the Ironman World Championships.

Description: "I am not currently injured, and I need a personalized injury prevention-based training program that is performance- and outcome-driven, or I need some guidance regarding specific aspects of my current training program".

Coaching services are offered on a fee-per-month and fee-per-session basis. Fees can be found [here](#).

To schedule an appointment, contact Allan Besselink at [ab\[at\]smartsport\[dot\]info](mailto:ab@smartsport.info).

Location: 6700 Menchaca Road, Unit 13B, Austin, TX 78745 (B-Austin Community, next to Alliance Physical Culture)