



DIEGO SAIKI

Sports Physiotherapist | Football
Performance & Rehabilitation Specialist

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Address

São Paulo – Brazil

PROFESSIONAL PROFILE

Sports physiotherapist with over 15 years of experience in professional football, including work at Saudi Pro League clubs, national team level, and head physiotherapist roles in elite football environments.

Strong expertise in injury prevention, rehabilitation, load management, GPS monitoring, and return-to-play decision-making, with a consistent focus on athlete availability, performance continuity, and evidence-based practice. Experienced in working within multidisciplinary medical and performance teams.

CORE EXPERTISE

Football Medical & Rehabilitation

- Injury prevention and rehabilitation
- Muscle injuries & ACL rehabilitation
- Return-to-play (RTP) decision-making
- Evidence-based clinical assessment

Performance & Load Management

- GPS-based training prescription and monitoring
- Load control during congested football calendars
- Strength, power, and speed integration
- Absolute speed development (EXOS methodology)

Leadership & Professional Practice

- Head physiotherapist roles
- Medical department coordination
- Athlete education and communication
- High-performance football environments

languages

- Portuguese – Native
- English – Professional working proficiency
- Spanish – Professional working proficiency

PROFESSIONAL EXPERIENCE

Al Shabab FC – Saudi Arabia | 2025

Sports Physiotherapist – First Team

- Rehabilitation and injury prevention for professional players competing in the Saudi Pro League
- Close integration with medical, performance, and technical staff
- Load management and return-to-play strategies throughout the competitive season

Personal Physiotherapist – Saudi Arabia National Team Player | 2024

- Individual rehabilitation, injury prevention, and performance support
- Management of high-performance demands aligned with national team calendar

Mudhar Club – Saudi Arabia | 2024

Head Physiotherapist

- Leadership of the physiotherapy department
- Design and implementation of rehabilitation and injury prevention protocols
- Supervision of daily clinical operations and staff

Qadsia SC – Kuwait | 2022–2023

Head Physiotherapist

- Medical leadership for professional football team
- Injury management, rehabilitation planning, and RTP decision-making
- Collaboration with coaching and performance departments

Diego Saiki Physiotherapy Clinic – Brazil | Since 2012

Founder & Sports Physiotherapist

- Sports and orthopedic physiotherapy for professional and amateur athletes

Instituto Fisio – Brazil | 2019

Postgraduate Professor

International Consultancy for Professional Athletes | Since 2009

- Consultancy for professional athletes from more than 10 countries

São Paulo Futsal – Brazil | 2011

Physiotherapist

Mirassol FC – Brazil | 2012

Physiotherapist Intern

EDUCATION & INTERNATIONAL CERTIFICATIONS

- Professional Diploma in Strength & Conditioning – Barça Innovation Hub (Barcelona)
- Physiotherapy in Football – CBF Academy (Brazil)
- Medicine in Football – FIFA (Switzerland)
- GPS-Based Football Training Prescription & Control
- Absolute Speed – EXOS (USA)
- Advanced Cardiac Life Support (ACLS) – NHCPs / USA
- Sudden Cardiac Arrest & Concussion Guidelines – The FA (England)