



## LINKSMUOLIS Tomas

Meet our speaker, Tomas Linksmuolis, a highly experienced physiotherapist and nutrition coach with a deep understanding of how lifestyle factors can influence recovery from sports injuries. With a career spanning from amateur to elite level, including working with Olympians, Tomas Linksmuolis has worked with a variety of sports such as athletics, cycling, martial arts, gymnastics, badminton, and rugby. With a passion for helping athletes achieve their full potential, Tomas Linksmuolis has gained a wealth of knowledge and insights into how nutrition, exercise, and other lifestyle factors can play a significant role in the recovery process. Join us as Tomas Linksmuolis shares their expertise on how to optimize recovery through lifestyle choices at our sports medicine conference