



Hagen Stroth in his Greystones practice.



Hagen working with Cacau of Stuttgart and Germany.



Hagen with Gillian Fox, demonstrating a technique in his Greystones' practice.

He travels around Europe treating soccer's elite and will soon begin work with the U.S. team, but Hagen Stroth has still found time to launch his own business in Greystones.

Hagen Stroth is a very busy man. Along with raising a family, starting a business and catering to the needs of clients across Europe, the German physiotherapist, naturopath and Myoreflex therapist is about to start working with an international soccer team.

Hagen and his wife Alison, who is from Templeogue in Dublin, had visited Greystones many times on their visits to Ireland and when the time came to move from Germany to the Emerald Isle, there was only one place they wanted to live.

Hagen, Alison and their 20-month-old son, Fionn, made the big move in May of this year and, within a month, Hagen had opened his Myoreflex practice on Trafalgar Road in the north Wicklow town.

Hagen has 14 years of experience as a physiotherapist and for the last 11 years has worked closely with Dr. Kurt Mosetter, the founder of Myoreflex therapy.

In a nutshell, Myoreflex therapy is a holistic treatment that targets the body's entire muscle system. Stimulation is applied to specific pressure points on the muscles, sending signals to the brain where the stress pattern of the affected muscles is regulated. When the muscular and movement patterns change, pain is decreased, joints and soft tissue structures are relieved and even chronic degenerative changes are stopped and regenerated.

Hagen used his skills on the players of VfB Stuttgart, a Bundesliga soccer club where he worked for five years. However, since he left the club last December, he has been contacted by many players asking him to come and work with them.

Hagen currently travels around Europe to treat players from Real Madrid, West Ham, Sporting Lisbon and Bayern Munich and has worked with the likes of Thomas Hitzlsperger, Timo Hildebrand, Sami Khedira, Mario Gomez and Cacau.

He treats both injuries and little twinges that players fear could turn into something more serious. In an intensive session, Hagen will spend two or three days with a player, stay in their house and work with them 24 hours a day.

The busy dad believes that there's no point in just looking at the obvious pain and treating that; instead you have to look for the underlying cause of the problem.

Hagen believes that the body reacts to every accident and knock it gets. Over time, this can manifest itself in a number of ways, including pain and bad posture.

Dr. Kurt Mosetter recently attended the official opening of Hagen's Myoreflex clinic and revealed that Jurgen Klinsmann, a big fan of the therapy and new coach of the US soccer team, was putting together a team of physiotherapists to look after his players and wants Hagen to be on it.

'I'm really excited about this. It wasn't exactly the plan we had but it's great,' said Hagen, who is due to take up his role with the American team next month.

With so much happening at once, Hagen faces a busy few months of juggling all his various work commitments.

'It's all about balance,' said Hagen confidently. 'I really want to focus on the practice - that's my baby - but to make it all happen is definitely possible. I couldn't do it without Alison though.'

Flexing his muscle



On assignment in Germany, working on Bayern Munich star and German international, Mario Gomez.