

Carlos Lorenzana del Río

Date of Birth: 12 de junio de 1956

Place of Birth: Madrid, España

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Professional Physical Trainer
Specialized in Injury Prevention and Recovery.

Education and Qualifications Obtained:

- Bachelor's Degree in Physical Education from the University of Barcelona (UB).
- Master's Degree in Football.
- Certificate in Manual Therapies from the Florida Medical Training Institute.
- First and Second Level Football Coach Certification.
- Course in Osteopathy.
- Course in Sports Massage.
- Rugby Coach.
- National Tennis Instructor.
- First Level Swimming Coach.

Career Path

Temporada	Equipo	Categoría	Entrenador
1987-1988	C.E. Sabadell	1ª División	Toño de la Cruz
1988-1989	C.E. Sabadell	1ª División	J.L. Romero
1989-1990	U.E. Figueres	2ª División	Joaquín Peiró
1990-1991	Real Burgos CF	1ª División	J.M. Díaz Novoa
1991-1992	Real Burgos CF	1ª División	J.M. Díaz Novoa
1992-1993	Real Murcia	2ª División	Joaquín Peiró
1992-1993	Mérida C.F.	2ª División	Fabri González
1993-1994	RCD Espanyol	1ª División	J.A. Camacho
1994-1995	RCD Espanyol	1ª División	J.A. Camacho
1995-1996	RCD Espanyol	1ª División	J.A. Camacho
1996-1997	Sevilla C.F.	1ª División	J.A. Camacho
1997-1998	RCD Espanyol	1ª División	J.A. Camacho
1998-1999	Selección Española de Fútbol	Internacional	J.A. Camacho
1999-2000	Selección Española de Fútbol	Internacional	J.A. Camacho
2000-2001	Selección Española de Fútbol	Internacional	J.A. Camacho
2001-2002	Selección Española de Fútbol	Internacional	J.A. Camacho
2002-2003	Selección Española de Fútbol	Internacional	J.A. Camacho
2003-2004	CF Marco (Portugal)	2ª División	Fabri González
2004-2005	Jerez CD	2ª División	Esteban Vigo
2005-2006	Almería	2ª División	Fabri González
2007-2009	Burgos CF	2ª División	Sports Director
2011-2012	Grasshoper (Zürich, Suiza)	1ª División	Ciriaco Sforza
2012-2013	FC Zacatecas (México)	2ª División	Sports Advisor
2013-2015	Sivasspor (Turquía)	1ª División	Responsable de la prevención y recuperación de lesiones
2021-2024	BCNwinMethod. Head of Injury Prevention and Recovery Area.		
2015-2024	Kinemethod Clinic Barcelona. High Performance Consulting and Advisory.		

During the period with the National Team, additional tasks were performed within the Royal Spanish Football Federation (RFEF), including executing and planning the physical preparation of the following teams:

- Olympic Football Team – Olimpiada de Sidney, Australia
- U-20 National Team – World Cup Nigeria
- U-18 National Team – Campeonato de Europa, Inglaterra. Suecia, Noruega, etc.
- U-17 National Team – World Cup Trinidad and Tobago

Since 2015, I have been providing High Performance Consulting and Advisory for professional football clubs from various countries, developing injury prevention and recovery plans, as well as training planning and periodization. I have also provided on-site assistance to international clubs such as Birmingham and AFC Eskilstuna. Additionally, I have offered these advisory services to professionals in other fields who need to maintain optimal physical conditions to perform their activities.

Since 2015, I founded my Kinemethod Clinic in Barcelona, where I offer physiotherapy and sports advisory services to both clubs and professional athletes, particularly in the recovery of first-division players who visit my clinic.

Since 2021, I have also been responsible for the Injury Recovery and Prevention Area in the international formative football project [BCNwinMethod](#).