



# CHAILLET JULIEN

BORN ON 24/08/1989 À MAUBEUGE (59) FRANCE

## Physiotherapist

### WHO IS JULIEN ?

I have been involved in sports since childhood, and I've always aspired to combine this passion with my professional life. I am particularly drawn to high-level sport and the many challenges it presents—both physical and human.

What truly drives me is sharing my energy and knowledge with the people I work with every day. I love collaborating with multidisciplinary teams who are motivated to grow and improve together. Over the years, I've developed expertise in using tools and techniques to support and guide athletes in their performance and rehabilitation. At the Clairefontaine Medical Center, I worked both in rehabilitation and on the field with a French national team, an experience that deeply shaped my approach.

I've also had the opportunity to teach and work with companies to help improve both professional practices and overall well-being.

This year, I've been serving as a physiotherapy advisor for the Saint-Malo football and rugby teams. My role has been to coordinate the various staff members in order to optimize the performance and care of injured athletes.

Today, I'm keen to develop projects that bring together all of these areas—sports performance, injury prevention and care, teamwork, and education—to create meaningful impact.

### PROFESSIONAL CAREER

**FIFA MEDICAL CENTER  
CLAIREFONTAINE FFF 2015 - 2023**  
Rehabilitation of the injured athlete

**French National Team of Football  
U21/U17 since 2017**

- 2017 U17 UEFA European CROATIE
- 2019 UEFA European Under - 21 Championship - Italia
- 2021 UEFA European Under-21 Championship - Hongrie
- 2023 UEFA European Under-21 Championship - Roumanie/Géorgie
- 2025 UEFA European Under-21 Championship - Slovaquia

**Olympic French National Team of  
Football U23 :**

- J.O TOKYO 2020 Men's Olympic Football Tournament - FIFA
- J.O PARIS 2024 Men's Olympic Football Tournament -FIFA  
**OLYMPIC SILVER MEDAL**

Prévention at work

**Physiotherapist USSM saint malo football  
France and XV Corsair Rugby Saint malo  
France 2023/2024**

**CREPS Sport Bretagne (Regional center) since  
2023**

Trainer : Isokinetic, sports injuries ...

### HOBBIES

*Travel/ Culture / Nature / Sports / Gastronomie / Animals/ Sharing  
Spending time with my family*



### DIPLOME

#### PHYSIOTHERAPIST

Université de Saint Maurice 94 France-  
2015

### COMPLEMENTARY

Manual structural and nerve therapy  
Isokinetic

K-taping/Strapping

Trigger point / Dry Needling /  
percutaneous neuromodulation  
therapy (PNT)

Mental imagery skills

Allyane-based neuromotor  
reprogramming

Motor preference Volodalen

Pilate

Pro FTS : proprioceptive functional  
Rehab and tests for return to play

Project management / Prevention at  
work