STORZ MEDICAL

Faster Game, Smarter Recovery



We talk to Richie Porter, who brings over 20 years of experience from his time with Everton FC's medical team, alongside extensive expertise in podiatry, biomechanics, and musculoskeletal care across the Premier League and European competitions. Now working with Venn Healthcare, distributors of Storz Medical equipment, he is at the forefront of technologies including EMTT Magnetolith and shockwave therapy that are playing an increasingly important role in improving player recovery and performance.

Have physical demands on footballers changed in recent years and if so what do you see as the main drivers of this change?
Successful teams have always had heavy schedules. Everton and Liverpool played 68 and 64 games in 1985, plus around 10 internationals. Compare that with recent seasons where Manchester City and Arsenal played around 60–62 club matches with 11 internationals, the volume is not dramatically different. What has changed is the intensity. The modern game is faster, more physical and demands repeated high-speed actions. Alongside advances in sports science, conditioning, nutrition and medical care, players are now developed as complete athletes. Squad sizes are bigger, but managers still rely on a core group, so key players carry significant load. Comparisons across eras are difficult because the demands are simply different now.

What are the performance costs of inadequate recovery and how do you balance the "train to improve" need with the "recover to perform" need across a season?
Recovery is central to performance. Without it, injury risk increases, training quality drops and match performance suffers. Improvement comes from training and playing, but only if players are physically ready for those demands. Pre-season sets the physical benchmarks, but in tournament years some players return without full recovery, while others pick up issues during pre-season. A fully fit squad is rare. Clubs therefore prioritise maintaining availability rather than constant improvement. Periodisation is carefully planned, but it can be disrupted if players arrive fatigued, whether from matches, travel or extra work. The balance is about consistency and ensuring players are always ready to perform.

In simple terms, what is Extracorporeal Magnetotransduction Therapy (EMTT), what does a session involve and what's the proposed mechanism by which it may support tissue recovery?



EMTT is a non-invasive treatment using high-frequency electromagnetic oscillations to influence tissue at a cellular level. It aims to normalise cell function and enhance local metabolism, supporting natural healing. Sessions are simple and hands-free, allowing efficient treatment of multiple players. It can be used for muscle, tendon, ligament, bone and joint issues, particularly where other treatments have stalled. Alongside this, shockwave therapy is widely used for tendon and fascial conditions and is supported by clinical guidance. The growing importance of these technologies is reflected in elite football, for example the Spanish Football Federation's collaboration with Storz Medical, where such modalities are integrated into high-performance environments. EMTT is flexible and as it produces no thermal effect, it can be used in both acute and chronic situations. It can be applied before or after activity depending on player needs, whether preparing tissue or supporting recovery. This makes it easy to integrate into a busy weekly schedule.

ABOUT STORZ MEDICAL

STORZ MEDICAL is the world-leading provider of shock wave therapy. Our company has been developing and producing high-precision medical technology for effective non-invasive therapies in Switzerland since 1987. A pioneer of medical technology, Dr Karl Storz was the initiator and driving force behind the creation of STORZ MEDICAL AG.

www.storzmedical.com/en/
https://www.vennhealthcare.com/emtt/

What would need to happen for non-invasive therapies such as EMTT to become "standard practice" and looking ahead, how do you expect recovery programmes in football to evolve?
Recovery needs to be treated with the same importance as training. It is not a lighter day; it is fundamental to performance. There must also be better alignment between club staff and external practitioners, alongside improved player education and access to the right equipment. Over the next 3 to 5 years, recovery will become more personalised and integrated into daily life. With increasing fixture congestion, maintaining player availability will be critical, and clubs that invest properly in recovery will have a clear advantage.