



SPEAKER ONE-SHEET

YODI RICHESON

Elite performance and rehabilitation specialist, trained in osteopathic technique

Yodi Richeson is an elite performance and rehabilitation specialist and thought leader in soft-tissue rehab, trained in osteopathic technique. For decades she has worked at the highest levels of professional sport and entertainment. The NBA is her longest-standing relationship, alongside select clients in baseball and tennis, and touring and entertainment work, with orchestral musicians and in film-production prep.

Her approach is built on assessment rather than protocol: she reads how a body moves under load and coordinates directly with team physicians, orthopedic surgeons, and athletic trainers, in their language. She works with medical teams, never around them.

Yodi also teaches manual therapy internationally, including an AMR class at a university in Bosnia, and mentors practitioners moving into private practice. She has been featured in Forbes for commentary on bodywork for high performers. She is found by referral, not by algorithm.

WHAT SHE SPEAKS ON

I. Between the Training Room and the Operating Room

Cross-disciplinary manual therapy in elite sport.

FOR: sports-medicine conferences, athletic-training organizations, team medical staff.

II. Found, Not Marketed

Building a referral-driven practice without a public brand.

FOR: practitioner groups, business-of-therapy events.

III. Why Standard Protocols Fail the Best Bodies

What elite performers actually need from soft-tissue work.

FOR: team medical staff, sports organizations, performance conferences.

IV. From Practitioner to Practice Owner

The business of manual therapy no one teaches in school.

FOR: therapists, ATCs, and PTs considering private practice.

FORMATS

KEYNOTE

30–60 minutes

Solo presentation for a large audience.

MODERATED PANEL

45–90 minutes

Yodi as panelist or moderator alongside other experts.

HANDS-ON WORKSHOP

Half-day or full-day

Practical, technique-based clinical training for practitioners. The AMR class format lives here.

EXPERT COMMENTARY

Length varies

For journalists, podcasters, and producers seeking Yodi's perspective on performance, bodywork, and athlete health.

BOOKING

BOOK YODI FOR YOUR EVENT

HELLO@YODIRICHESON.COM

Yodi