

The hiring of the physiotherapy service is done directly by the runner with QUIRÓN PREVENCIÓN. The provision of the service will consist of:

Quirónprevención's physiotherapy service is based on comprehensive care for athletes.

The team is composed of physiotherapists with expertise in understanding the wear and tear of the musculoskeletal system under extreme intensity tests, specialized in the exploration of possible injuries, and in the rapid management of treatment techniques to achieve the best possible functional situation for the next stage.

#### Pre-competition:

Activities such as dynamic flexibility exercises, mobility work for the spine, hips, knees, and ankles, as well as activation massage to prepare the muscles and improve vascularization, will be performed.

#### Post-competition:

Recovery will focus on draining and unloading massage. In addition, personalized work will be carried out to restore muscular flexibility and joint mobility ranges after exertion, with the clear objective of arriving in optimal conditions for the following day. The duration of the massage will be of 40 minutes.

In accordance with Regulation (EU) 679/2016, on the Protection of Personal Data, we inform you that QUIRÓN PREVENCIÓN S.L.U. is responsible for the processing of identifying personal data and contact details for the purpose of managing the hiring of the physiotherapy service for the SKODA TITAN DESERT ALMERÍA sports event. We inform you that you can exercise your rights under personal data protection regulations by sending an email to [protecciondedatos@quironprevencion.com](mailto:protecciondedatos@quironprevencion.com). You can obtain additional information through the Quirónprevención website <https://www.quironprevencion.com/es/politica-privacidad/politica-privacidad-informacion-adicional> in the Medical Care section. If you believe that the processing does not comply with current regulations, you may file a complaint with the supervisory authority at [www.agpd.es](http://www.agpd.es).