

Rehabilitation Coach

Strength Physiotherapy | Learn Data-Led Rehab & Help Serious Lifters Get Back Under the Bar

Strength Physiotherapy is redefining what rehab looks like for lifters. We're a remote team supporting strength athletes through data-driven coaching that gets them back to training pain-free and stronger than ever.

This role is for an ambitious coach 2–7 years into their career who wants to master data-led rehab for lifters: working with objective testing, having senior mentorship, and developing the programming and clinical reasoning usually reserved for pro sport.

This Role Is Not for Everyone

We are deliberately looking for a small number of high-potential people. If you want a comfortable, predictable job where you follow a script and coast through basic hours, this is not it.

Do not apply if:

- You want an easy job and are not interested in pushing your clinical thinking and programming skills
- You're uncomfortable using objective data to guide decisions
- You have no interest in strength sports or working with people who take their lifting seriously
- You don't want regular feedback or mentoring on your programming and reasoning
- You struggle to hold clients accountable when they go off programme or disengage
- You get defensive when given direct, blunt feedback and can't act on it quickly

If none of that applies to you, read on.

About Us

Strength Physiotherapy is a specialist rehabilitation team dedicated to helping people who love strength training recover from injuries and improve their performance. We provide personalised support and guidance allowing athletes to rehabilitate from the comfort of their own gym. We deliver an evidence-based, world-class rehabilitation service akin to that which professional athletes receive, empowering lifters to regain strength, mobility and confidence and return to training stronger than they've ever been.

Our exclusively online coaching service provides individualised support to ensure a safe and effective rehabilitation process. Programmes are suitable for people of all experience levels. We work with Olympic weightlifters, powerlifters, bodybuilders, strongman/woman competitors, and recreational enthusiasts. Our clients are highly motivated, bought into the process, and want results.

If you are interested please send your CV and cover letter to our Founder Alex Dear (alex@strengthphysiotherapy.com). Use the subject line: **Specialist Rehabilitation Coach Application**

In your cover letter, tell us:

- Why you want to work with serious lifters and athletes
- Your experience with strength training or performance rehab
- Why this role specifically

The next step in the process if you are successful will be a case study exercise followed by an interview.

<https://strengthphysiotherapy.com>

Job title	Rehabilitation Coach
Qualifications Required	Physiotherapy / Strength & Conditioning or equivalent
Department	Strength Physiotherapy
Location	Remote (Must be based within the UK and work from a location consistent with your professional insurance requirements)
Start date	ASAP

Salary	Freelance - based on a per-client model. Starting band: typically equivalent to ~£25–30/hour at part-time caseload, with a clear progression pathway to ~£35/hour as your skills and responsibilities grow.
Hours	Freelance - part-time to start (targeting ~10–15 hours/week within 3 months), with the option to grow towards full-time as your caseload and capability increase. You must commit to a clear, repeatable weekly schedule for client messaging, programming blocks, and assessment onboarding calls.

Main Purpose of the Role

To carry out our mission of changing people's lives — helping lifters get stronger physically and mentally than they've ever been. To provide expert care to your own caseload of lifters within our Strength Physiotherapy system. To be a team player who brings ideas to the table about how the service can be improved. To develop your expertise as a rehabilitation specialist through a commitment to continued professional development.

Position Overview

We are seeking an ambitious, detail-oriented coach who can self-manage their workload and wants to develop advanced rehab programming skills.

You'll be working inside our existing assessment system, templates, and decision trees. Early on, you'll:

- Start from our “gold standard” programme frameworks
- Individualise them to the lifter in front of you
- Make adjustments based on objective data and clear rules

Over time, with mentoring, you'll take on more of the higher-level reasoning: pre-empting client responses, planning long-term development, and contributing to how we evolve our systems.

Key Responsibilities

Assessment Onboarding

- Conduct 15-minute onboarding calls with new clients following their assessment booking
- Set up and guide clients through their testing protocols on TrainHeroic
- Explain the assessment process clearly and ensure clients understand what to expect ahead of their results call
- Ensure all required data is submitted correctly before the results call takes place
- Maintain daily availability to onboard new assessment clients as bookings come in

Client Communication

- Respond to client messages within 12 hours on weekdays — this means a minimum of twice daily
- Demonstrate genuine empathy for clients' physical and mental health concerns
- Hold clients accountable when they deviate from their programme, go quiet, or disengage — compassion and accountability are not opposites
- Utilise platforms including WhatsApp, TrainHeroic, Zoom, Claude AI, and voice/video notes

Athlete Management

- Oversee a personal caseload of athletes with twice-daily check-ins and regular programme updates
- Provide structured feedback twice weekly
- Maintain a consistent, repeatable schedule — your athletes and the business depend on it
- Track and document progress through clinical notes and performance data on TrainHeroic

Programming

- Build and adjust programmes using our existing templates and decision trees as a starting point
- Individualise within that framework based on the athlete's goals, context and test results
- Adjust programmes based on objective performance data (and subjective feedback), following clear progression rules
- Over time, contribute ideas to improve our templates and long-term planning

Team Collaboration

- Contribute ideas to improve service quality and delivery efficiency
- Participate in projects aligned with business advancement

- Engage with AI tools including Claude as part of standard delivery workflow
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Requirements

Qualifications

- UKSCA accredited, or actively on the pathway to becoming accredited
- Relevant bachelor's degree (physiotherapy, sports therapy, sports & exercise science, strength & conditioning or equivalent)
- UKSCA accreditation is desirable but not essential
- Valid professional insurance covering remote coaching delivery, maintained throughout the role
- Must work from a location consistent with your insurance requirements

Professional Expertise

- 2–7 years practical experience in MSK / sports rehab, sports therapy, physiotherapy, or strength & conditioning
- Solid foundation in strength and conditioning principles for strength athletes
- Experience writing and adjusting training / rehab programmes for lifters or field-sport athletes
- Comfort working with objective measures (e.g. testing, monitoring, basic data interpretation)
- Able to recognise when a case needs referral or internal escalation
- Strong written communication skills for explaining decisions to athletes
- Eager to deepen your skills in:
 - Adaptation-led programming
 - Using objective data (strength, power, ROM tests) to drive decisions
 - Long-term rehab planning for serious lifters

Desirable but not essential

- Understanding of nutrition support for strength athletes
- Basic knowledge of behaviour change and motivational interviewing

Technology

- Proficient or willing to become proficient with: TrainHeroic, WhatsApp, Zoom, Claude AI
- Comfortable adopting new tools as the business evolves — AI is a core part of how we work

Personal Attributes

- Exceptional attention to detail — you notice what others miss
 - Independent decision-making — you solve problems before escalating them
 - Direct and accountable communicator — with clients and with the team
 - High personal standards — you are never satisfied with "good enough"
 - Coachable — you receive blunt feedback, act on it immediately, and don't take it personally
 - Genuine passion for strength sports — you understand this culture from the inside
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Key Results & Objectives

- Build and manage a caseload of:
 - 6–10 lifters in your first 3 months
 - Progressing towards 20+ lifters over 12–18 months as you demonstrate quality and consistency
 - Improvements across all athlete KPIs: ROM, endurance, strength and plyometric benchmarks
 - Strong service delivery metrics: client satisfaction, engagement, testimonials and retention
 - Strong return-to-sport metrics: time to key milestones and long-term client retention rate
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Professional Standards & Values

- **Embracing Change:** Continuously growing through new challenges and experiences
 - **Exceptional Quality:** High standards are the baseline, not the ceiling
 - **Proactive Problem Solving:** Takes initiative, contributes innovative ideas, and tackles challenges of increasing scale
 - **Being Honest:** Willing to share your opinion and constructively disagree to build stronger relationships and get the best outcome
 - **Systemised Decision Making:** Bases decisions on data and objective analysis rather than emotion
 - **Extreme Ownership:** Takes full responsibility for tasks and ensures the success of the broader mission
 - **Champions the Greater Good:** Prioritises team success over individual needs and supports teammates, even in difficult circumstances
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Reporting to: Alex Dear, Founder — Strength Physiotherapy