STRENGTH PHYSIOTHERAPY

SPECIALIST REHABILITATION COACH SENIOR PHYSIOTHERAPIST

Join the team transforming the way strength athletes recover from injury. Remote, freelance, and we supply every client.

LOCATION
Remote, UK based

START
As soon as possible

PAY
£20 per active client, per week

HOURS
About 15 to 20 a week, part time

Strength Physiotherapy is redefining what rehab looks like for lifters and athletes. We're a remote team supporting strength athletes through world-class, evidence-based coaching that gets them back to training pain-free and stronger than ever. If you're passionate about helping people rebuild physically and mentally, and want to work with highly motivated athletes, this is your opportunity to make a real impact.

WHY THIS ROLE IS WORTH YOUR ATTENTION

- Work remotely with serious lifters and athletes who are committed to their rehab and performance
- Clients are supplied to you. You don't market, sell or build your own caseload
- Use objective testing, individualised programming and modern technology, instead of back to back hands on treatment
- Build a manageable caseload around a clear, repeatable weekly schedule
- Real autonomy over your clients, inside a proven delivery system and an experienced team
- The chance to become our senior clinical voice as we keep growing

WHAT SUCCESS IN THIS ROLE REQUIRES

- You deliver individualised programmes built on test results, training goals, client feedback and how the client is likely to respond, never copied templates
- You manage your caseload on your own, meet the agreed response times, and keep accurate clinical notes and progress data without being chased
- You make sound first line decisions when something unexpected comes up, and you know when a case needs referring on or a second opinion
- You hold clients accountable when they miss sessions, go quiet or drift from the plan, with empathy and professionalism
- You use AI and our platforms as a normal part of your work, and get more efficient as you learn the system
- You take direct feedback well, apply it quickly, and keep a high level of attention to detail across programming, communication and notes

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, and more and more with people returning to team sports. A big share of our clients come to us with knee problems, and some are coming back after surgery. Our clients are highly motivated, bought into the process, and want results.

PAY

You're paid **£20 per active client per week**, plus **£20 for each assessment you complete**. There's also the chance to earn a bonus.

Each client takes about **20 minutes a week** on average. That covers reviewing their check ins and test data, replying to messages, adjusting their programme, writing notes, and feedback or video reviews. New clients and complex cases can take longer.

CLIENTS	HOURS A WEEK	PAY A WEEK	PAY A YEAR
10	about 3.5	**£200**	about £10,400
20	about 7	**£400**	about £20,800
30	about 10	**£600**	about £31,200
40	about 13	**£800**	about £41,600

At any caseload that works out at **about £60 an hour**. These figures are based on 52 weeks and leave out assessment payments.

The 20 minutes is an estimate, not a guarantee. Your time will vary with client complexity, onboarding, how much each client messages, and how well you know our systems. Our AI tools and Relay keep bringing that time down.

You'll build your caseload gradually over your first 2 to 3 months, not start at 30. We supply every client. You don't market or sell anything.

There's also the chance to mentor more junior coaches, paid at a separate rate.

HOURS

Your first few weeks will take more time per client than this, while you learn Relay and how we work. That's expected, and it comes down as you settle in.

You must commit to a clear, repeatable weekly schedule with specific days and times for client messaging, programming blocks, and assessment onboarding calls. Flexibility exists within this structure, but consistency is non-negotiable.

In practice that means 2 set weekdays for the main work (programming, assessment onboarding calls and reviews), the same 2 days every week. On the other weekdays you reply to client messages, at least twice a day.

Longer term, the role can definitely grow towards full time if you want it. We're growing fast.

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.

As our senior physio, you'll also be the person the team comes to when a case is complicated.

POSITION OVERVIEW

We are seeking an ambitious, detail-obsessed individual capable of self-managing their workload and schedule. This role demands a higher level of programming intelligence than traditional in-person physiotherapy. You are not reacting to what is in front of you. You are preempting what is coming, anticipating client responses, and building programmes that account for what will happen, not just what has happened. That requires exceptional attention to detail, critical thinking, and genuine individualisation of every programme.

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 Relay
- 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
- Keep 2 days a week available to onboard new assessment clients as bookings come in
- Run the coaching onboarding call when an assessment client signs up to coaching

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, Relay, Notion, Google Meet, Loom, Claude AI, and voice/video notes

Athlete Management

- Oversee a personal caseload of athletes with twice-daily check-ins and regular programme updates
- Run monthly 1 to 1 calls with your clients
- 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

Programming

- Deliver fully individualised programmes, not templates, not copy-paste
- Preempt client progressions, setbacks, and likely deviations before they happen
- Adjust programmes based on objective performance data, not subjective feel
- Build long-term development roadmaps with clear milestones for every athlete

Senior Clinical Lead

- Take on the complex and higher risk cases
- Spot red flags and decide when a case needs referring on
- Back up the rest of the team on clinical questions

Team Collaboration

- Contribute ideas to improve service quality and delivery efficiency
- Engage with AI tools including Claude as part of standard delivery workflow

REQUIREMENTS

Qualifications

- Physiotherapy degree, registered with the HCPC, or an equivalent with the matching professional registration
- Based in the UK
- At least 3 years qualified, with a big chunk of that in MSK or sport
- UKSCA accreditation, or working towards it
- Valid professional insurance covering remote coaching delivery, maintained throughout the role. Our clients are in lots of countries, and not every policy covers every country (CSP cover, for example, doesn't include the US). If you're not sure what yours covers, we'll help you check and find the right cover
- Must work from a location consistent with your insurance requirements

Professional Expertise

- Exceptional attention to detail in programming: this is the single most important attribute for this role
- Strong adaptation-led programming skills using objective measures to demonstrate results
- Ability to identify cases requiring referral to other medical professionals or internal escalation
- Comprehensive knowledge of strength and conditioning principles for strength athletes
- Proficiency in Olympic weightlifting and powerlifting coaching is desirable but not essential

- Confident working with objective test data and AI tools as part of everyday delivery
- Experience with objective strength testing, such as VALD force plates or handheld dynamometry, is beneficial but not essential.
- Familiarity with speed/power development and energy systems is advantageous
- Understanding of nutrition support for strength athletes is beneficial but not mandatory
- Basic knowledge of behaviour change and motivational interviewing is beneficial but not mandatory

Technology

- Proficient or willing to become proficient with: Relay, Notion, WhatsApp, Google Meet, Loom, 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
- You train properly yourself, strength training especially, so you understand our clients from the inside

KEY RESULTS & OBJECTIVES

- Build a caseload of about 30 clients within your first 2 to 3 months
- Your clients are retested regularly. We look at how often each of your clients gets retested
- Client retention: how long your clients stay with us
- Measurable improvement: how many of your clients improve on their tests (ROM, endurance, strength and plyometric benchmarks)
- Strong service delivery: client satisfaction, engagement and testimonials

WHERE THIS ROLE CAN GO

There's room to grow in the direction that suits you, as the team grows:

- **Clinical leadership:** lead the clinical side, develop our clinical processes, and mentor other clinicians
- **Marketing:** get involved in how we show our work to the world, if that interests you

- **Systems, tools and AI:** improve and build the systems, tools and AI that run our delivery
- **Full time:** grow your caseload and the role towards full time

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

Reporting to: Alex Dear, Founder, Strength Physiotherapy

HOW TO APPLY

https://forms.gle/QrUhRKB9Q5XkeL7UA

The form is the only way to apply, so please don't send a CV by email or DM. You add a link to your CV at the end of the form. It also asks you:

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

We use AI heavily in how we work, but every message a client gets from us is written for them. We expect the same from your application. If it reads like a template or like AI wrote it, we'll reject it without a reply.

The next steps in the process if you are successful will be a case study (you analyse a client case and send us a short Loom video talking through it), followed by an interview, then a paid 3 day coaching task where you coach us as if we were your clients.

See what we do: strengthphysiotherapy.com and @alex.strengthphysio on Instagram

NOT FOR YOU, BUT KNOW SOMEONE WHO IS?

If you introduce someone and we hire them, you get **£5,000**. £1,000 at 3 months, £1,500 at 6 months and £2,500 at 12 months, as long as they're still with us.

Email their name to alex@strengthphysiotherapy.com before they apply, so it's on record.