

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 provide an evidence based world class rehabilitation service akin to that which you would get if you were a professional athlete. We empower athletes to regain strength, mobility and confidence helping them return to their training stronger than they've ever been.

Our exclusively online coaching service provides individualised support to ensure a safe and effective rehabilitation process. Programs are suitable for people of all experience levels and we work with a variety of strength sports most commonly, olympic weightlifting, powerlifting, bodybuilding and strongman/ woman. We help athletes who compete in these sports (or participate in others) all the way to recreational enthusiasts. We have a highly motivated population who love to train and are extremely bought into the process wanting to get better.

We are pleased to announce that we are expanding our team, looking to recruit a Specialist Rehabilitation coach, which is outlined in the following job description.

If you are interested please send your CV to our Founder Alex Dear (alex@strengthphysiotherapy.com).

We look forward to your application.

<https://strengthphysiotherapy.com>

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Job title	Specialist Rehabilitation Coach
Qualifications Required	Physiotherapy/ Strength & Conditioning or equivalent
Department	Strength Physiotherapy
Location	Remote
Start date	ASAP
Salary	TBC - Freelance and will be based on a per client model
Hours	Freelance - part time, we will build your caseload from scratch so time to full capacity may vary. We would aim to get you up to 2-2.5 days (16-20 hours) per week within 3 months. There is potential to grow to full-time.
Mission Statement	<ul style="list-style-type: none"> ● Transform lives by providing physical and mental support throughout individuals' lifting journeys. ● Deliver world-class care to lifters globally, akin to the support professional athletes receive.
Main purposes of job	<ol style="list-style-type: none"> 1. To carry out our mission of changing people's lives helping lifters get stronger physically and mentally than they've ever been in their lives. 2. To provide expert care to your own caseload of lifters within our Strength Physiotherapy system. 3. To be a team player and bring ideas to the table about how the service can be improved in terms of delivering a better quality of service, supporting our clients in more diversified ways or by improving efficiency of the delivery of the service.

	<p>4. Develop your expertise as a rehab specialist through a commitment to continued professional development.</p>
Position Overview	<ul style="list-style-type: none">● Seeking an ambitious individual capable of self-managing workloads and schedules for their athlete teams.● Passion for delivering top-tier care to lifters is essential.
Key Responsibilities	<p>Client Communication:</p> <ul style="list-style-type: none">● Respond to client messages within 24 hours on weekdays.● Demonstrate compassion for clients' physical and mental health concerns.● Maintain accountability standards, engaging in difficult conversations when necessary to help clients achieve their goals.● Utilize platforms such as WhatsApp, Zoom, and voice/video notes for communication. <p>Team Collaboration:</p> <ul style="list-style-type: none">● Contribute ideas to enhance athlete services and team efficiency.● Participate in projects aligned with business advancement. <p>Athlete Management:</p> <ul style="list-style-type: none">● Oversee a personal team of athletes, ensuring timely responses (twice daily) and program updates.● Provide feedback twice weekly.

	<ul style="list-style-type: none">● Manage schedules independently in a fully remote work environment.
Qualifications & Experience	<p>Qualifications:</p> <ul style="list-style-type: none">● UKSCA accredited, or on the pathway to becoming accredited.● Relevant bachelor's degree (sports & exercise science, physiotherapy, sports therapy or equivalent) <p>Professional Expertise</p> <ul style="list-style-type: none">● Good understanding of adaptation led-programming and utilising objective measures to demonstrate measurable results for clients.● Strong understanding of appropriate scenarios for remote programming support.● Ability to identify cases requiring referrals to other medical professionals or escalation for medical support internally.● Comprehensive knowledge of strength and conditioning principles for strength athletes.● Proficiency in coaching Olympic weightlifting and powerlifting is essential.● Familiarity with coaching strongman/woman events, speed/power development, and energy systems is advantageous; training available if needed.● Understanding of nutrition support for strength athletes, focusing on muscle growth/fat loss through mindful habits or nutrient tracking, is beneficial but not mandatory.

	<ul style="list-style-type: none">● Basic knowledge of behavior change and motivational interviewing, is beneficial but not mandatory. <p>Communication Skills:</p> <ul style="list-style-type: none">● Exhibit excellent communication abilities.● Awareness of how mental health challenges can impact the injury recovery process. <p>Organizational Skills:</p> <ul style="list-style-type: none">● Effectively manage personal athlete caseload and promptly address their needs.● Maintain up-to-date programs and deliver consistent feedback.● Self-manage schedules in a remote work setting. <p>Learning and Development:</p> <ul style="list-style-type: none">● Demonstrate eagerness to learn.● Engage in provided training and mentoring to acquire necessary skills for the role.
Key tasks	<ol style="list-style-type: none">1. Support your athletes through excellent communication, programming and feedback.2. To track and document progress through both clinical notes and performance data monitoring.3. To be able to assess and adjust clients' programs based on their performance metrics and progression of their pain/ injury.

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	<ol style="list-style-type: none">4. Build out long term development roadmaps for athletes so you and they have a clear understanding of the longterm progression.
Key results/objectives	<ol style="list-style-type: none">1. Build a consistent caseload of at least 30 lifters over the next 3-4 months2. Track performance testing data from all clients at regular intervals and to see improvements in all athlete KPI's in range of motion, endurance, strength and plyometric KPI's.3. Service delivery metrics such as client satisfaction, engagements, testimonials and feedback.4. Return to sport metrics such as time to return to key milestones and long term retention rate.
Professional Standards & Values	<p>Embracing Change: Continuously growing through new challenges and experiences</p> <p>Exceptional quality: Doing things to the best of your ability, maintaining high standards to deliver exceptional service that exceeds customers expectations.</p> <p>Proactive Problem Solving: Takes initiative, contributes innovative ideas, and tackles challenges of increasing scale to add value.</p> <p>Being Honest: Willing to share your opinion and constructively disagree to build stronger relationships and get the best outcome</p> <p>Systemized Decision Making: Bases decisions on data and objective analysis rather than emotion.</p>

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	<p>Extreme Ownership: Takes full responsibility for tasks and ensures the success of the broader mission.</p> <p>Champions the Greater Good: Prioritizes team success over individual needs and supports teammates, even in difficult circumstances.</p>
Reporting to... (name and title of line manager)	Alex Dear (Founder)