

Next Steps

Strength, fitness and confidence-building support at Weaver Physiotherapy

Post Rehab: Feeling better is the first step. Building strength is what helps you keep progressing

Once pain has improved, many people still need guidance to get stronger, return to activity, prevent flare-ups and feel confident exercising independently. These options are designed to bridge the gap between finishing rehab and getting back to normal life, fitness or sport.

Choose the level of support that suits you

OPTION 1: STRONG & STABLE PLAN

One-off session + 4-week plan | £50

Best for: Older adults, people finishing rehab, and anyone who wants simple guidance to strengthen generally or support a specific issue such as low back pain, knee pain, hip pain or reduced confidence with exercise.

What is included:

- One 1-to-1 session to review your goals, current ability and previous injury history
- A clear 4-week home or gym-based strengthening plan
- Exercises clearly explained and demonstrations so you know what to do safely
- Progressions and regressions so you can work at the right level
- Designed for you to complete in your own time and return when you feel ready for the next step

A simple starting point for people who want structure without committing to a full coaching programme.

OPTION 2: PERSONALISED 12-WEEK PROGRAMME

12-week individual plan | £149

Best for: People returning to sport after injury, runners building back up, gym users wanting structure, or anyone wanting longer-term strengthening to reduce flare-ups and improve confidence.

What is included:

- Initial assessment and discussion of your goals, lifestyle, equipment and injury history
- A tailored 12-week plan built around your sport, activity level or general fitness goals
- Home or gym-based options depending on what you have access to
- Self-progressions so you know when and how to make exercises harder
- Exercise guidance, key coaching points and simple monitoring advice
- Email support for questions, concerns or small adjustments if needed

Ideal if you are motivated to train independently but want a clear plan rather than guessing what to do next.

OPTION 3: GUIDED 12-WEEK COACHING PROGRAMME

12-week plan + added in-person support | £299

Best for: Clients who want the personalised 12-week plan but would benefit from extra guidance, technique support, accountability and progress reviews along the way.

What is included:

- Everything included in the Personalised 12-Week Programme
- Three 1-to-1 coaching sessions across the 12 weeks
- Technique review to help you feel confident with key exercises
- Programme adjustments based on your progress and feedback
- More support for beginners, older adults, or people nervous about returning to exercise
- A clearer bridge from rehab into independent strength training or sport

Best if you want more support than a written plan but do not need weekly appointments.

Why continue after rehab?

- Keep building strength after pain has improved
- Reduce the chance of future flare-ups
- Improve confidence with movement and exercise
- Support return to sport, work, hobbies or daily life
- Improve balance, fitness and independence
- Learn how to progress safely without guessing

Not sure which option is right for you?

Speak to your therapist and we can recommend the most suitable next step based on your goals, confidence and current level.

Prices and availability may be subject to change. Programmes are designed to support strength, fitness and confidence after rehab, not to replace medical care where further assessment is required.