

# Sarah Wilcox

## Personal Trainer

Strength & Conditioning Coach - Endurance Specialist - Chartered Physiotherapist



I am a UK-registered physiotherapist, experienced personal trainer, and endurance coach with over 11 years in the health and fitness industry. Prior to this I served 10 years as a commissioned officer in the Royal Air Force, leading multidisciplinary teams across a variety of tours of duty including deployments to both Iraq and Afghanistan.

My professional journey includes operating my own training, coaching and sports massage business and working as a physiotherapist in the UK's National Health Service (NHS) across acute inpatient, musculoskeletal outpatient, and community healthcare settings. Now based in Florida, USA, I'm pursuing a Master of Science in Rehabilitation at the University of West England while continuing to coach clients remotely and locally.

I combine the discipline and adaptability of my military background with clinical and coaching expertise. My approach is empathetic, results-oriented, and tailored to your unique needs—whether you're returning to the gym after injury\*, preparing for competition, or striving for overall fitness.

### Specialist Interests

- Rehabilitation & Post-Physical Therapy Return-to-Fitness: Recently completed your physical therapy but feel uncertain about returning to the gym? I can guide you with evidence-based plans to help rebuild confidence and strength.\*
- Strength and Prehabilitation Training: Focused on functional, progressive training to enhance strength and manage the risk of injury.
- Endurance Coaching: Drawing on my expertise as a British Triathlon coach, Great Britain age-group athlete and Ironman competitor, I help athletes optimize their training and performance.

### CREDENTIALS

- .UK Chartered Physiotherapist (HCPC #PH124652)\*
- .American College of Sports Medicine Certified Personal Trainer
- .REPs (UK) Level 4 Strength & Conditioning Coach
- .REPs (UK) Level 3 Personal Trainer
- .British Triathlon Coach
- .Precision Nutrition Coach
- .BTEC Clinical Massage Therapist\*
- .Diploma in Education & Training
- .Diploma in Strength & Conditioning for Physiotherapists
- .Myofascial Kinesiology Taping\* / TRX / Indoor cycling / Crossfit Level 1



TAKE ONE



Reach out to me for my availability!



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