

PHYSIOTHERAPY REFERRAL PATHWAY

From clinical care to progressive exercise coaching

A clear, consent-aware handover for clients who have completed or reduced formal physiotherapy and need structured strength, conditioning and movement practice.

Potentially suitable referrals

- Discharged from physiotherapy with clear recommendations
- Basic function restored but strength or confidence remains limited
- Stable presentation appropriate for progressive exercise
- Needs ongoing strength, conditioning or return-to-activity support
- Would benefit from coaching in English or German

Clinical input should come first

- New, unexplained or worsening symptoms
- Acute injury or presentation still requiring diagnosis
- Unclear contraindications or loading restrictions
- Active treatment where coaching is not yet appropriate
- Any concern requiring medical or specialist review

HOW THE HANDOVER WORKS

01 Discuss Client and physiotherapist agree coaching may be appropriate.	02 Consent Client chooses what may be shared and who may be contacted.	03 Handover Only essential guidance, restrictions and context are provided.
04 Confirm scope Micah confirms suitability before onboarding.	05 Coach Training starts from a practical baseline within the guidance.	06 Update Progress is shared only when requested and consented to.

MICAH WALKER

Exercise scientist and rehabilitation-informed personal trainer

- Bachelor of Exercise & Sports Science - Australian Catholic University
- Certificate III & IV in Fitness - Australian Institute of Fitness
- Rehabilitation Trainer for Orthopedic Diseases - IST Frankfurt
- Functional Fitness for Preventative & Rehabilitative Training - IST Frankfurt
- Coaching since 2014; English native, German fluent

SCOPE

Exercise coaching, not clinical treatment

Micah does not diagnose, treat or replace physiotherapy or medical care. Coaching provides progressive strength, conditioning, movement practice and health education within documented guidance. New or worsening symptoms are referred back to an appropriate healthcare professional.

Discuss a referral

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entrenadorpersonalsalou.es/physio-referrals

CORE AREA

Salou - Cambrils - La Pineda -
Vila-seca

Share only the information needed to assess coaching suitability. Client consent is required before professional handover or progress communication.