



DIPLOMA IN STRENGTH & CONDITIONING FOR REHAB AND PERFORMANCE

20HRS CPD

Samreen Saba

This certifies that the above has successfully completed the Foundation Diploma in Strength & Conditioning for Rehab and Performance, a 20 CPD hour programme led by Dr Brogan Williams covering evidence-based principles of strength training, biomechanics, exercise technique, programming, recovery, fatigue management, and the application of strength and conditioning to rehabilitation, performance, and long-term health.

05/09/2026

Date

A handwritten signature in black ink, reading 'Giles Gyer'.

Giles Gyer

OMT Training Educational Directors

A handwritten signature in black ink, reading 'Brogan Williams'.

Dr Brogan Williams PhD

Exercise Physiologist

A handwritten signature in black ink, reading 'Jimmy Michael'.

Jimmy Michael

OMT Training Educational Directors



the rehab *Professionals*
pain to performance