

LEBANON · DECEMBER 2026 COHORT

Post-Rehab Specialist

Lebanese Ministry of Education

STARTS	DURATION	COURSE FEE
December 2026	**2 months**	**$500**
exact date with the schedule	dated schedule at enrolment	subject to current discounts, see sas-cce.com

Train clients safely as they return to activity after injury. Learn how common injuries happen, how to progress a cleared client, and when to refer back to a doctor or physiotherapist. Taught by Dr Georges Assaf and Dr Georges Cherfane.

You walk out with

Post-Rehab Specialist diploma
Lebanese Ministry of Education

Work safely with cleared clients
Know when to progress and when to refer back

What you will learn

- **Introduction to post-rehabilitation** — LIVE ONLINE
- **Anatomy and common injuries** — LIVE ONLINE
- **Biomechanics and forces** — LIVE ONLINE
- **Emergency management of injuries** — LIVE ONLINE
- **Return to training methods** — LIVE ONLINE
- **Ankle, knee and hip** — IN PERSON
- **Lumbar spine and shoulder** — IN PERSON
- **Sports injury** — IN PERSON
- **Practical application** — IN PERSON

How it runs

Practical weekends, in person
At Performance First, Baabda

Theory, live online, weekday evenings
On Microsoft Teams, recorded for revision

Course platform
Slides and recordings on the SAS platform

How you are assessed

100% Multiple choice exam, 60 minutes, online

One multiple choice exam on a date set by the school. Pass with 70 out of 100. This is a specialty for fitness professionals and is not a substitute for physiotherapy.

Who it is for

- Personal trainers and fitness coaches
- Sports coaches and PE teachers
- Professionals working with clients after injury

Pay in full or in instalments, in USD, by cash payment at Performance First or Whish. Paid in full: course access as soon as you sign your student agreement. Paying in instalments: course access opens 14 days before the course starts. Fees are non-refundable; with a valid reason they can be moved to another SAS Coaching Diplomas course or a future cohort (www.sas-cce.com/refund-policy). Dates can move for public holidays; your dated schedule is issued at enrolment. Information correct on 1 November 2026.

Reserve your seat

Ask us about current discounts and payment options.

WhatsApp **+971 55 807 6344**
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sas-cce.com/post-rehab-specialist

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