

# Workshop pREHAB: Injury Rehab & Prehab

## DUBAI | NOVEMBER 14 & 15, 2026

For REPS UAE certificate renewal.



### FEE • INCLUSIONS • EXCLUSIONS • WORKSHOP OUTLINE & TIMETABLE

| FEE                                                                                                                                                                                                                                                                                                                                                                                                      | INCLUSIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                | EXCLUSIONS                                                                                                                                                                                                                                                                                   |
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| <ul style="list-style-type: none"> <li>General: <b>AED850 + 5% VAT</b></li> <li>Available – Discount; Instalment facility via TABBY or TAMARA</li> <li>Fee must be paid in full before the start of the workshop.</li> <li>Payment of fee and / or submission of enrolment form acknowledges that you have accepted the terms and conditions of enrolling to and participating in the course.</li> </ul> | <ul style="list-style-type: none"> <li>Soft copy of the Specialist in pREHAB certificate</li> <li>12 CPDs for REPS UAE certification renewal</li> <li>eBOOK</li> <li>“Viewer” access to exercise videos for 60 days from date of certification; thereafter, you have the option to pay yearly subscription fee of AED175 + 5% VAT to access regularly updated library of 150+ videos.</li> <li>Complimentary (subject to stocks): resistance band and flex bar</li> </ul> | <ul style="list-style-type: none"> <li>Hardcopies of the eBOOK</li> <li>Hardcopy of the certificate</li> <li>Meals / refreshments and / or accommodation.</li> <li>CEUs for ISSA / NSCA / other certification which may be applicable from time to time – check before enrolment.</li> </ul> |

### WORKSHOP OUTLINE & TIMETABLE

| TIME        | DAY 1: NOVEMBER 14, 2026                                                                                      | APPARATUS                                |
|-------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------|
| 0930 – 1000 | REGISTRATION                                                                                                  | —                                        |
| 1000 – 1100 | Introduction to Sports Injuries, Assessment                                                                   | Treatment table                          |
| 1100 – 1215 | Prevention of sports injuries and rehabilitation principles                                                   | PPTs – AV equipment                      |
| 1215 – 1300 | Introduction to Taping and Bandages                                                                           | Tapes, scissor, crepe bandage, one model |
| 1300 – 1400 | LUNCH                                                                                                         | —                                        |
| 1400 – 1530 | Introduction to shoulder joint and associated injuries management, rehabilitation including hands-on practice | Tapes, scissors, treatment table, model  |
| 1530 – 1700 | Introduction to elbow joint and associated injuries – management, rehabilitation including hands-on practice  | Tapes, scissors, treatment table, model  |
| 1700 – 1730 | Discussions                                                                                                   | —                                        |

| TIME        | DAY 2: NOVEMBER 15, 2026                                                                                     | APPARATUS                                              |
|-------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 0900 – 1015 | Introduction to wrist joint and associated injuries – management, rehabilitation including hands-on practice | Tapes, scissors, treatment table, model                |
| 1015 – 1130 | Introduction to hip joint and associated injuries – management, rehabilitation including hands-on practice   | Tapes, scissors, treatment table, model                |
| 1130 – 1245 | Introduction to knee joint and associated injuries – management, rehabilitation including hands-on practice  | Tapes, scissors, treatment table, model                |
| 1245 – 1300 | Discussion with Attendees                                                                                    | —                                                      |
| 1300 – 1400 | Lunch                                                                                                        | —                                                      |
| 1400 – 1515 | Introduction to Ankle and associated injuries – management, rehabilitation including hands-on practice       | Tapes, scissors, treatment table, balance board, model |
| 1515 – 1600 | Introduction to spine and associated injuries – management, rehabilitation including hands-on practice       | Tapes, scissors, treatment table, swiss ball, model    |
| 1600 – 1700 | Discussion with Attendees                                                                                    | —                                                      |

#### NOTE:

1. Timings in UAE time.
2. Venue: WORLD OF CHAMPIONS Gym Abu Hail, Deira – may change due to reasons outside our control.
3. Training dates, timings and / or teaching faculty may change.

#### DM

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