

# ALCHEMY IN MOTION SPRING NEWSLETTER



## NEW TEAM MEMBERS

We have had a VERY busy and exciting start to Spring with an influx of incredible experienced clinicians joining the Alchemy family rapidly creating the ultimate 'dream team' PLUS some 'old' faces returning back into clinic!

### SALLY PURVIS - PODIATRIST

Sally is joining our Noosa team and brings with her over a decade of experience as a podiatrist. Sally has a special interest in:

- Complex chronic disease
- Paediatrics
- Foot deformity
- Diabetes related management

Sally's first day in clinic is **MONDAY 22<sup>nd</sup> SEPTEMBER**.



### LAURA JOHNSON - CLINICAL PSYCHOLOGIST

Laura is joining our Noosa team and brings with her over 14 years experience as a registered Clinical Psychologist. Laura has a special interest in:

- Mood and anxiety disorders
- Adjustment to chronic health conditions
- Palliative care and end-of-life care
- Carer fatigue, burnout and stress
- Grief and bereavement
- PTSD and trauma
- Interpersonal stress or adjustment to stressful life conditions
- Perinatal mental health
- Substance misuse or addiction

Laura's first day in clinic is **THURSDAY 25<sup>th</sup> SEPTEMBER**.



### DR NADJA DINNEEN - CHINESE MEDICINE DOCTOR & ACUPUNCTURIST

Nadja is joining our Noosa team and brings with her over 20 years experience as a massage therapist, Traditional Chinese Medicine Doctor & Japanese needler, birth & postpartum doula and matrescence & menopause mentor.

Nadja's first day with us will be **TUESDAY 7<sup>th</sup> OCTOBER**.



**JESS SMITH - SENIOR PHYSIOTHERAPIST**

Jess has joined our Noosa and Gympie teams and brings with her over 10 years clinical experience as a musculoskeletal and sports physiotherapist. She has worked extensively with the Australian Winter Olympics teams as well as international motocross and extreme sports teams. Jess has a special interest in:

- Sports injuries & elite performance
- Acute injury management
- Musculoskeletal pain and rehab
- Chronic & persistent pain

**GAYLE SNYDERS - SENIOR PHYSIOTHERAPIST**

Gayle has joined our Noosa team and brings with her over 20 years experience as a musculoskeletal and sports physiotherapist. Gayle has worked extensively with circus performers, professional stuntmen, athletes and clients experiencing complex and chronic pain. She has a special interest in:

- Musculoskeletal injuries
- Complex & chronic pain
- Cranio sacral therapy & visceral manipulation
- Hyper mobility disorders
- High performance sport
- Performing arts
- Running biomechanics

**OTHER TEAM NEWS:**

- Bec Evans is opening her diary again after coming back from MAT leave! Bec will be treating on Friday's from Gympie at this stage and we are so excited to see her back in clinic treating again!
- Alice Mackenzie has opened her diary again in Noosa and is currently treating on Monday and Fridays
- Amy Cooper headed off on MAT leave and is currently nesting in preparation for her beautiful baby girl's arrival! We can't wait to welcome her back through the door as a glowing new mum!
- Alex & Kelly are now exclusively treating from our Gympie clinic
- We have welcomed new admin team members into the Alchemy family and are looking forward to you meeting them when you next come in!
- We are welcoming a new Clinical Psychologist into our Gympie team - Peta Maguire as of October! Stay tuned for more information on her clinical service offering and hours
- We are also welcoming a new pelvic floor physio into our Gympie team as of October - we will keep you informed and formally introduce you to her soon!

# NEW SERVICES

## PODIATRY

We are so excited to welcome Sally Purvis from the Bare & Balanced Podiatrist into the Alchemy family!

Sally can assist with a wide variety of foot and lower limb concerns such as:

- Foot pain
- Ingrown or discoloured skin and nails
- Corns and callous
- Skin rashes
- Foot odour
- Foot injuries
- Broader health problems such as diabetes or arthropathies
- Recurrent tripping or falling
- Problems fitting comfortably in your regular shoes
- Oedema, lumps, or redness in the feet or legs.

Sally's scope of practice is broad and she can implement a variety of medical, surgical and rehabilitation techniques to provide personalised care to alleviate pain, restore mobility and improve quality of life.

Such techniques can include:

- Nail surgeries
- Musculoskeletal & biomechanical assessments & treatment
- Chronic disease management
- Orthotics prescription & manufacture
- Paediatrics
- Neurovascular
- Radiological
- Skin & nail care
- Wound care

Sally will be treating from our **NOOSA** clinic every **MONDAY**, **WEDNESDAY** and **THURSDAY** and her first day in clinic is **MONDAY 22<sup>nd</sup> SEPTEMBER**.

To book an appointment with Sally - head over to our [website](#) and follow the link to "Noosa Podiatry" alternatively, feel free to contact our gorgeous admin team.





# NEW SERVICES

## CLINICAL PSYCHOLOGY

We are thrilled to welcome Laura Johnson from Refine Clinical Psychology into the Alchemy family!

Laura's areas of interest:

- Mood and anxiety disorders
- Adjustment to chronic health conditions
- Palliative care and end-of-life care
- Carer fatigue, burnout and stress
- Grief and bereavement
- PTSD and trauma
- Interpersonal stress or adjustment to stressful life conditions
- Perinatal mental health
- Substance misuse or addiction

Evidence-Based Treatment Approaches Offered:

- Individual therapy (adolescents & adults)
- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Acceptance and Commitment Therapy (ACT)
- Interpersonal Psychotherapy (IPT)
- Trauma-focused CBT
- Motivational Interviewing
- Compassion Focused Therapy

Laura will be treating from our **NOOSA** clinic every **THURSDAY** and **ALTERNATING MONDAY** and her first day in clinic is **THURSDAY 25th SEPTEMBER**.

To book an appointment with Laura - head over to our website and follow the link to "Noosa Psychology" alternatively, feel free to contact our gorgeous admin team.



## TRADITIONAL CHINESE MEDICINE & ACUPUNCTURE

We are overjoyed to be welcoming Nadja from Nadja's Family Acupuncture into the Alchemy family! We have worked very closely with Nadja for over 10 years now and are so lucky to have not only her expertise but her amazing nature in clinic!

Nadja's business is going through some exciting rebranding and we can't wait to reveal all that she will be doing with us in clinic soon so keep your eyes peeled!

Nadja will be treating from our **NOOSA** clinic every **TUESDAY** and **THURSDAY** and her first day in clinic will be **TUESDAY 7<sup>th</sup> OCTOBER**.

To book an appointment with Nadja - head over to our website or alternatively, feel free to contact our gorgeous admin team



# ONGOING CLASSES IN CLINIC

## REFORMER

This class is exclusively a reformer Pilates class.

These classes are run by our musculoskeletal physiotherapists

- Max 3 participants
- Class duration: 40 minutes
- One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available

## STRENGTH REFORMER

This class is a fusion of functional strength training, proprioceptive training and reformer Pilates exercises. This class utilises our reformers and all of our strength and conditioning equipment.

These classes are run by our musculoskeletal physiotherapists

- Max 4 participants
- Class duration: 40 minutes
- \*\*One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available

## PREGNANCY & POSTNATAL REFORMER

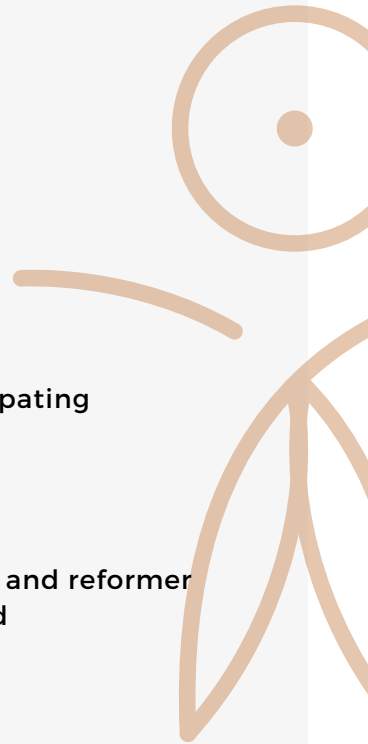
Restore strength and confidence with your little one by your side. Our pregnancy & postnatal reformer classes offer a gentle and supportive space to help you ease into movement and reconnect with your body. Led by a women's health physiotherapist, each session is tailored to your individual needs and goals.

When to start: As long as you are cleared to exercise while pregnant you can attend. If you are postnatal, exercise is typically once you receive your doctor's clearance at six weeks and feel prepared to attend.

Babies are welcome and if crawling, will need to be contained for safety. Unfortunately, babies that are walking are unable to attend.

This class is exclusively a reformer Pilates class.

- Max 3 participants
- Class duration: 40 minutes
- Private Health Insurance rebates available
- \*\*\* Women's Health Reformer Assessment is required prior to attending these reformer classes. Please call our admin team to book your assessment \*\*\*



# COMMUNITY PROGRAMMES

## **STRONG FOUNDATIONS - NOOSA LEISURE CENTRE / NOOSA COUNCIL**

We are thrilled to have partnered with Noosa Leisure centre to continue running the Strong Foundations program for Mums within the Noosa Shire.

The Strong Foundations program is targeted towards Mums to support and guide them in returning to exercise safely.

Run by Raimee - one of our pelvic health physiotherapists, this program includes:

- Access to weekly exercise classes which involve targeted rehab for the postnatal stage that each woman is at. Classes will also involve a different education topic each week covering important information and considerations for recovery.
- Participants of this program receive an exclusive discount for in-clinic postnatal physiotherapy services and assessments - Private Health rebates available.



## **PREGNANCY AQUA - NOOSA COUNCIL**

We love being involved in community programs - improving access to excellent healthcare and improving outcomes for residents within the Noosa shire. One of our gorgeous pelvic floor physios - Ocean is still running Pregnancy Aqua classes every Thursday at Noosa Springs and it is a highlight of so many gorgeous Mums' weeks as they have an opportunity to move, connect with other Mums-to-be and learn about relevant topics that can assist them in their pregnancy journey, birth and postnatal recovery. Often, these women come into clinic to see Ocean for antenatal and postnatal support and we adore seeing what a success this program is in terms of creating a 'loop' of healthcare between private practice and community.



# LOCAL PARTNERSHIPS

## **LYMPHOEDEMA SERVICES - ICON & NOOSA HOSPITAL**

We are thrilled to be involved in an incredible program for patients currently undergoing cancer treatment and who are flagged as having, or being at risk of having lymphoedema.

As part of this program, patients who are treated at Noosa Hospital for their oncology treatment and are flagged for lymphoedema, will see our lymphoedema occupational therapist for three FREE individualised appointments. To have our local hospital and stakeholders involved in funding such an incredible program is wonderful as it reduces barriers for patients being able to access such high quality therapeutic services in what is an incredibly difficult and stressful time of their lives.

We are so incredibly grateful to have been considered for and chosen to provide these services in order to support the Noosa community and surrounds.

## **CARDIOLOGY SERVICES - OCEANSIDE CARDIOLOGY**

We are thrilled to have partnered with Oceanside Cardiology in Noosa to provide a comprehensive and targeted allied health service for their clients who are undergoing surgery as well as those who are being managed for chronic disease.

Oceanside Cardiology clients have access to:

- Physiotherapy & exercise rehab services
- Dietetics and nutritional support and guidance
- Podiatry services
- Psychology services

We are thrilled that Oceanside have considered partnering with us so that we can support their clients before and after surgical procedures as well as to support them as they navigate managing lifelong health conditions - ultimately improving outcomes, quality of life and life expectancy!

## **ANTENATAL & POSTNATAL PHYSIOTHERAPY SERVICE - DR KELVIN LARWOOD**

We have worked alongside Dr Kelvin Larwood for over 10 years now and are thrilled to continue offering support for his antenatal and postnatal clients through his pregnancy management. As part of Dr Larwood's comprehensive service, he includes pelvic floor physiotherapy support, assessments and guidance so that his patients can make informed and confident decisions about their delivery options and how to prepare and recover optimally. For more information, please contact our gorgeous admin team or alternatively call Dr Larwood's rooms directly.



# UPDATED OPENING HOURS

## NOOSA

Monday 7:00am - 5:00pm  
Tuesday 7:00am - 5:00pm  
Wednesday 7:00am - 5:00pm  
Thursday 7:00am - 5:00pm  
Friday 7:00am - 5:00pm  
Sunday 8:00am - 4:00pm  
(by appointment only)

## GYMPIE

Monday 7:00am - 5:00pm  
Tuesday 7:00am - 5:00pm  
Wednesday 9:00am - 5:00pm  
Thursday 7:00am - 4:00pm  
Friday 9:00am - 3:30pm

# ALCHEMY SERVICES

## NOOSA

- Women's & Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Chronic & Complex pain management
- Occupational Therapy
- Myotherapy & Remedial Massage
- Reformer classes
- Fascial Stretch Therapy
- Bowen Therapy
- Facials
- Relaxation Massage
- Nutrition & Dietetics
- Clinical Psychology
- Podiatry
- Traditional Chinese Medicine & Acupuncture

## GYMPIE

- Women's and Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- Chronic & Complex pain management
- Myotherapy & Remedial Massage
- Relaxation Massage
- Clinical Psychology