

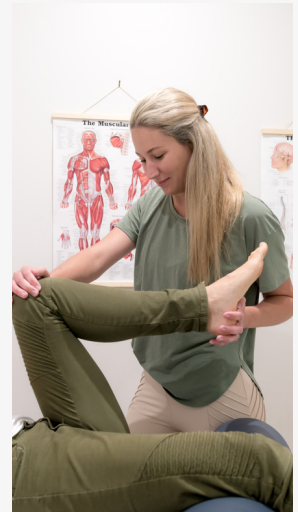
# ALCHEMY IN MOTION



## SUMMER NEWSLETTER

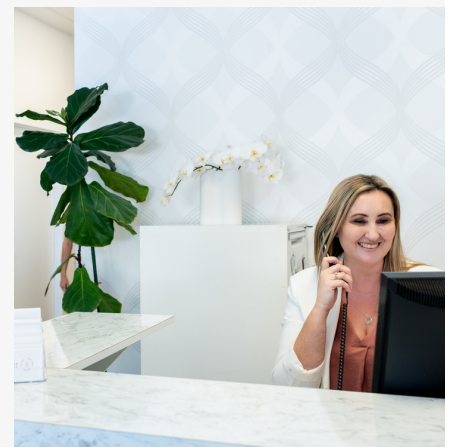
### MORE APPOINTMENT AVAILABILITY @ NOOSA & BUDERIM

Due to high demand and a growing waitlist, we have extended our Pelvic Floor Physio and Sports and Musculoskeletal Physio hours in both our Noosa and Buderim clinics. As of January 2023, Zoe and Olya will be practicing out of Noosa and Buderim and our Noosa hours have been extended to ensure that we are there for our patients when they need us.



### ALCHEMY ANNIVERSARY

We would like to acknowledge the work anniversary for our amazing Giselle who has been a part of the Alchemy family for two years! Giselle forms one third of our incredible admin team who we would be lost without!



# NEW TEAM MEMBERS

We are thrilled to welcome Tim into the Alchemy family!

- **Tim Stacey** - joining us on Thursday 8th December. Tim is a remedial massage therapist and enjoys treating a wide variety of presentations. He has been working as a massage therapist for the last two years in Amsterdam and has recently returned home to the Coast. Tim will be in clinic every Monday, Thursday and Friday.

Tim's special interest areas include:

- Deep Tissue & Sports Massage
- Myofascial release / Trigger Point Therapy
- Swedish / Relaxation / Kahuna massage
- Prenatal and post natal massage
- Cupping
- Dry Needling



## TEAM MEMBER TRAINING

We make it a priority to continue up skilling and learning so that we can always provide our clients with the most up to date, effective care. Here are some of the courses our clinicians have completed recently:

- **Tim** - Dry needling for Remedial Massage Therapists
- **Olya** - APA Women's Health Physiotherapy
- **Laura**
  - Breast oedema / Chest wall oedema management
  - The use of Compression Pumps in Lipodema
  - Lymph scanner (impedance for mid-line oedema) @ SCUH
  - Cording & Head / Neck Lymphoedema
- **Zoe** - WHTA Pregnancy & Early Postpartum 2022 Research Update
- **Ocean** - WHTA Pregnancy & Early Postpartum 2022 Research Update

## ALCHEMY SERVICES @ NOOSA & BUDERIM

At our NOOSA clinic we continue to provide:

- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Occupational Therapy
- Remedial Massage
- Exercise & Rehab Classes

At our BUDERIM clinic we provide:

- Pelvic, Women's and Men's Health Physio
- Musculoskeletal Physio



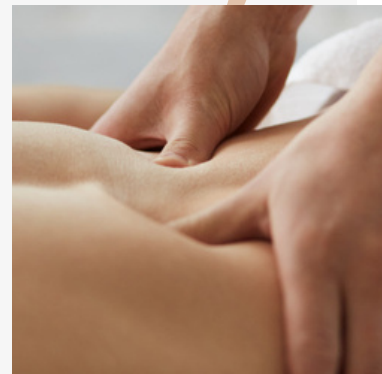


# NEW SERVICES

## MASSAGE THERAPY:

Tim will be offering some new and exciting treatment options in addition to our usual massage therapy services including:

- Cupping
- Dry needling
- Kahuna massage
- Pre and Postnatal massage
- Relaxation and Swedish massage
- Remedial massage
- Deep tissue & sports massage



## PREP FOR BIRTH CLASS (Run by Ocean) included topics:

- Understanding stages of labour, hormonal changes and physiological changes
- Active labour skills
- Coping strategies for pain
- Acute postnatal recovery

**\*\* NOTE: This 3.5hr class is a good adjunct to hospital / other birth education classes \*\***



# COMMUNITY ENGAGEMENT

We continue to be actively involved in the Noosa community through:

- Ageing Well classes @ Noosa Leisure Centre
- Pregnancy Aqua @ Noosa Springs
- Trilogy - Alchemy run club



# TEAM NEWS

## Perineal Massage with Confidence Course

Ocean has been working away on a very exciting project behind the scenes of her clinical role at Alchemy. She is developing a perineal massage course for women's health physios, patients and support people alike called Perineal Massage with Confidence. Her mission behind developing this course is to help women live, laugh, love, birth and exercise by reducing pelvic floor barriers.

Her instagram page is @pelvicfloormechanics - make sure you check it out and follow her page for some amazing information and tips.



## Goodbye Caren and Mitch :(

We said goodbye to our beloved dietitian Caren at the start of November as she was offered an incredible national position with another company. We strongly encouraged her to pursue this incredible opportunity and we wish her all the success in the world. We miss her terribly already but look forward to our paths crossing again one day soon! We also said goodbye to gorgeous Mitch in October. Mitch is taking a break from massage all together and is heading back to full time work as a tradesman. We were equally devastated to see Mitch leave however we are so happy for him and wish him all the best in the future.

## Sunshine Coast Business Awards

We were thrilled to be named finalists in the 2022 Sunshine Coast Business Awards. The process involved getting nominated by one of our gorgeous clients, submitting a written application then being interviewed by a panel of judges. We went to the awards gala which was a black tie event and had a gorgeous night out as a team. To be acknowledged as one of the top ten leading health and wellness business on the Coast was something we were incredibly proud of and we want to extend our congratulations to all the other finalists and category winners.





# ALCHEMY CLASSES

We continue to offer our clients exercise classes in at our Noosa clinic including:

- **Strength ABC** (After Breast Cancer)
- **Physio Exercise Rehab**
  - Monday @ 8:00am
  - Tuesday @8:00am & 9:00am
  - Thursday @8:30am & 11:00am
  - Friday @ 8:30am
  - \*\* Due to high demand we will be opening up new exercise rehab classes in the new year - stay tuned for more details!
- We are incredibly excited to be rolling out some new and exciting classes in 2023! Here is a sneak peek...



# ALCHEMY RESOURCES

We are continuously updating and adding to our Alchemy Resources on our website - including blogs, interesting case studies and factsheets to help educate, inform and provide clinical support. Simply visit our website and click on RESOURCES for more information.

## BLOG

Clinical information on latest assessment and treatment techniques and evidence based advice, recommendations and clinical updates.

[ALL](#)
[DIETETICS](#)
[EXERCISE](#)
[MASSAGE](#)
[PELVIC FLOOR](#)
[RESEARCH REVIEWS](#)
[SPORTS & MUSCULOSKELETAL](#)
[WOMEN'S HEALTH](#)


### Egg Allergy

CATEGORY: DIETETICS Egg Allergy Egg allergy in babies and children - how do we manage it? It is thought that around 10% of infants have an egg allergy but most can tolerate egg baked in foods or well-cooked forms of...



### Shoulder Pain

CATEGORY: SPORTS & MUSCULOSKELETAL Shoulder Pain The shoulder is a pretty complex region of the body when it comes to its anatomy and what's involved in helping us move. The connection between the arm bone (humerus), collar



### How to Introduce Allergenic Foods to Your Child

CATEGORY: DIETETICS How to Introduce Allergenic Foods to Your Child A Dietitian's Guide According to ASCIA (the Australian Society of Clinical Immunology & Allergy), all infants



### Cow's Milk Protein Allergy

CATEGORY: DIETETICS Cow's Milk Protein Allergy Cow's milk protein allergy is one of the most common food allergies in Australia and New Zealand, affecting around 1.5% of children at one year of age. 1 We are