

ALCHEMY IN MOTION



APRIL NEWSLETTER

ALCHEMY @ GYMPIE!

We are thrilled to announce that we opened our third location in Gympie in March at the Gympie Specialist Clinic! We currently have Bec - one of our physios who treats sports & musculoskeletal conditions there. Zoe one of our pelvic floor physios will also be practicing out of Gympie as of April!

To book an appointment at Gympie with either Bec or Zoe - feel free to visit our online booking page via the website or call our gorgeous admin team on (07) 5474 9093.



MORE APPOINTMENT AVAILABILITY @ NOOSA, BUDERIM & GYMPIE

We are so happy to announce that in adding to our team at Noosa, opening Gympie and increasing hours at Buderim we have more appointment availability in all three locations for Sports & Musculoskeletal physio and pelvic floor physio appointments.



ALCHEMY SERVICES @ NOOSA, BUDERIM & GYMPIE

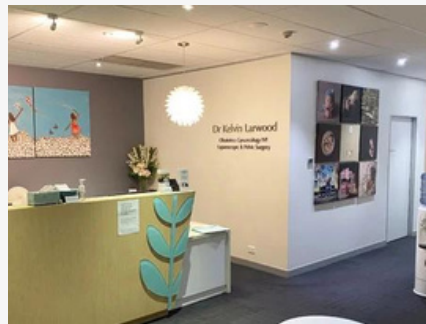
At our **NOOSA** clinic we provide:

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



At our **BUDERIM** clinic we provide:

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



At our **GYMPIE** clinic we provide:

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



UPCOMING NEWS - KEEP YOUR EYES PEELED!

Hydrotherapy classes

We are working behind the scenes with Noosa Council to roll out an exciting new hydro programme. We are wanting to open Alchemy hydro classes which will involve targeted one on one exercise rehab in addition to larger hydro classes through Noosa Council. We are wanting more patients to be able to access hydrotherapy in order to more better, rehab more efficiently and get active in a safe and supervised environment. We'll keep you updated!

Baby CPR & First Aid Classes

Kelly (our lactation consultant) is working with an incredible Australian based company to roll out private Baby CPR and First aid courses from Alchemy. They are currently in the planning phase but we will keep you updated as to the progress of these classes and when we can expect to see them on our regular class schedule!

Alchemy - Magnolia Health Collaboration

Magnolia Health is a charity that aims to help improve the quality of life of local Sunshine Coast Women living with Endometriosis. Alchemy is collaborating with Magnolia to provide physiotherapy support, resources, education and treatment for women and girls living with endo on the Coast. Our pelvic health physio team will be presenting at Magnolia's events across the year. The topics which we plan on covering include:

- Physiotherapy management of Endometriosis
- Craniosacral breath connection and pelvic pain
- Dyspareunia (painful intercourse)

We will give you updates as they happen and let you know how the girls go!

NEW SERVICES

PHYSIOTHERAPY MASSAGE

We are offering clients a NEW physio service which incorporates a range of targeted therapeutic techniques including massage, musculoskeletal and myofascial mobilisation, manipulation and dry needling. These sessions can be booked online (via our booking page) or by calling our gorgeous admin team on (07) 5474 9093.

PHYSIOTHERAPY YOGA

Beginner friendly blend of gentle yoga and mindful movement to help you get acquainted (or reacquainted after injury or a period of not exercising!) with your body and all it can do, suitable for all ages and levels of mobility.

The class includes a combination of floor-based sitting and standing postures to move and nourish every joint and muscle in the body, improve flexibility, posture and body awareness, de-stress the nervous system and link together mind body and breath for optimal wellness.

BABY LED WEANING CLASSES

Kelly our gorgeous Lactation Consultant is running THE ONLY baby led weaning classes on the coast!

- Learn how and when to introduce solid foods to your baby's diet.
- What gear you'll need
- Allergic reactions
- Identifying gagging vs. choking
- How to manage choking
- AND MORE!



TEAM NEWS

Bec got married!

We now have Bec EVANS (formally Wood) and we couldn't be happier for her. As you'd expect she was breathtakingly beautiful, graceful and fabulously fun at the wedding and we wish her and George a lifetime of happiness!



COMMUNITY ENGAGEMENT

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

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



ALCHEMY CLASSES

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

- **Physio Exercise Rehab**
 - Monday @ 8:00am
 - Tuesday @ 8:00am & 9:00am
 - Wednesday @ 9:00am & 2:00pm
 - Thursday @ 6:00am, 8:30am & 11:00am
 - Friday @ 8:30am
- **Physiotherapy Yoga**
 - Tuesday @ 12:00pm
- **Strength ABC (After Breast Cancer) - by appointment only**



ALCHEMY RESOURCES

We are continuously updating and adding to our Alchemy Resources on our website - Simply visit our website and click on RESOURCES for more information. Check out our latest content pieces:

- Pregnancy Related Pelvic Girdle Pain
- Prolapse & Pessary Case Study

RESOURCES



Factsheets

Clinical information on a range of common injuries and conditions.

[Read More](#)



Alchemy TV

How-to videos, clinical interviews with other professionals and Alchemy updates.

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Alchemy VIP

Exclusive access to handouts, bonus information and support for Alchemy clients.

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Case Studies

Real life case studies for an in depth look at how we treat.

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Blog

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

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