

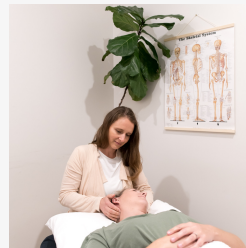
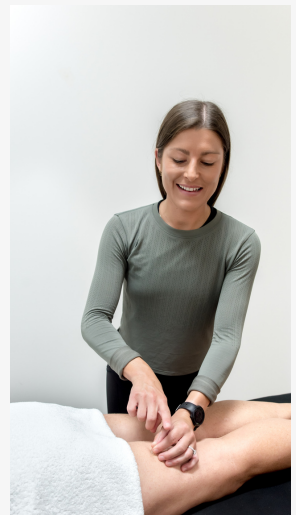
ALCHEMY IN MOTION



MARCH NEWSLETTER

MORE APPOINTMENT AVAILABILITY @ NOOSA

We are thrilled to announce that we have extended our Sports and Musculoskeletal Physio hours in Noosa as we have added to our team! We will now be offering extended hours of operation and more days to ensure our clients can get appointments when they need.



ALCHEMY ANNIVERSARIES

We would like to acknowledge the work anniversaries for our gorgeous Hollie who has been the trailblazer in our admin team for 7 years now and Laura - our incredible Lymphoedema Occupational Therapist who has been with us for 4 years! We adore these two and are so lucky to have them in our Alchemy Family!



NEW TEAM MEMBERS

We are unbelievably excited to welcome not one but TWO new incredible physios to the Alchemy family!

- **Tiffany Gray** - Joined us in February. Tiff is a physiotherapist with a special interest in musculoskeletal conditions, Pilates and exercise rehab. Tiff graduated from physio in 2017 from the University of South Australia and has recently moved from Adelaide to the coast in March 2022. Tiff had worked across a wide range of settings including private practice, aged care, Fitness-based Pilates studios and rehabilitation centres.

Tiff's special interest areas include:

- Clinical exercise programmes
- Low back pain
- Neck pain
- Musculoskeletal injuries
- Rehabilitation

Tiff will be in our Noosa clinic on alternating Tuesdays and Wednesdays and every Thursday.

Chelsea Mason - Joining us in March. Chelsea is a physiotherapist with a special interest in musculoskeletal conditions, antenatal/ postnatal care, Pilates and exercise rehab. Chelsea brings with her over 10 years of clinical experience as a private practice physio in Melbourne. Chelsea recently moved from Melbourne with her family and now calls Noosa home!

Chelsea's special interest areas include:

- Low back pain
- Antenatal / postnatal care
- Headache management
- Shoulder injuries
- Sports injuries
- Pilates
- Exercise rehab

Chelsea will be in our Noosa clinic every Monday, Wednesday and Friday.



ALCHEMY SERVICES @ NOOSA & BUDERIM

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

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!



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



TEAM NEWS

Zoe is back!

Zoe has been away on leave, enjoying some family time back in Wollongong and is back in clinic as of the end of February! We have missed her terribly and welcome her back through the doors with open and very eager arms!

Goodbye Tim :(

We said goodbye to our beloved massage therapist Tim back in February. Tim is heading back to New Zealand on a new venture and we wish Tim all the very best for his exciting future.



UPCOMING NEWS - KEEP YOUR EYES PEELED!

WE ARE OPENING A THIRD LOCATION... Alchemy @ Gympie

To say we're excited about this one would be an understatement... We are head down bum up in the planning phase of a THIRD location in Gympie! A long term goal of ours has always been to have our central hub in Noosa and outreach clinics North - in Gympie and South - which we currently have in Buderim. We are motivated to reduce geographical barriers for clients and their families across the coast and surrounding regions and improve access to our services which otherwise wouldn't be possible. We will keep you in the loop before our rollout phase! Stay tuned!

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!

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
 - Wednesday @ **9:00am & 2:00pm (NEW CLASSES)**
 - Thursday @ **6:00am, 9:45am (NEW CLASSES)**, 8:30am & 11:00am
 - Friday @ 8:30am
- **Physiotherapy Yoga (NEW CLASS)**
 - Tuesday @ 12:00pm



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:

- **Tiff** - Kinetic Link Training - Level 1
- **Ocean** - Prevention and Repair of Perineal Trauma / Episiotomy through Coordinated Training (PROTECT) - International Urogynaecological Association

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 blogs:


- Achilles Tendinopathy
- Lateral Hip Pain
- Lower Limb Injury Prevention for Runners



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



Achilles tendinopathy (heel pain)

CATEGORY: SPORTS & MUSCULOSKELETAL


Achilles tendinopathy (heel pain) How can we help? A very common condition that can cause pain over your heel is Achilles Tendinopathy. What is an achilles tendon? Your achilles tendon is where your calf muscles -...



Lateral Hip Pain

CATEGORY: SPORTS & MUSCULOSKELETAL


Lateral Hip Pain A.K.A Pain on the outside of your hip - how can we help? The official term for pain on the outside of your hip is Greater trochanteric pain syndrome. This is a very...



Lower Limb Injury Prevention for Runners

CATEGORY: EXERCISE


Lower Limb Injury Prevention for Runners The importance of hip abductor strength in runners. Why are hip abductors so important for runners? They're responsible for helping to control the hip during the gait cycle and for frontal plane...



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 bone (clavicle), the...



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 should be given common allergy causing foods by 12 months of age (1 year)...



Cow's Milk Protein Allergy

CATEGORY: DIETETICS

Cow's Milk Protein Allergy Cows' 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 hearing more and more...



Plant Based Diets for Kids

CATEGORY: DIETETICS

Plant Based Diets for Kids- Are they a Good Idea? Making a family decision to focus on plant-based foods can be a good choice and can be healthful if planned well. There are individual variations in the actual...