

ALCHEMY IN MOTION



JUNE NEWSLETTER

TEAM NEWS

NEW TEAM MEMBERS

We are thrilled to welcome three new clinicians to our Alchemy family!

MICHELLE HOLMES- Michelle is a physiotherapist with a special interest in womens health and pelvic floor dysfunction. Michelle is practising from our Noosa clinic every Tuesday, Wednesday and Friday. Michelle has a special interest in;

- Pre and post natal care
- Pelvic organ
- Prolapse
- Bladder and bowel incontinence
- Pelvic pain
- Gynaecological conditions
- Musculoskeletal injuries
- Return to sports

Michelle completed her Master of Physiotherapy studies at UQ in 2020. Prior to that, she had been working as a clinical exercise physiologist and she is currently undergoing her Master of Clinical Physiotherapy (Continence and Pelvic Health) at Curtin University.



STEPHANIE WILSON- Steph is a myotherapist, working from our Noosa clinic every Monday, Tuesday and Wednesday. Steph has a special interest in;

- Sports injuries
- Post surgical treatments,
- Pregnancy and postnatal care
- Migraines and headache management

Steph has completed a Bachelor of Health Science (Myotherapy), a Diploma of Remedial Massage and a Diploma of Pre and Postnatal Pregnancy Massage.



GRIET DESOMER- Griet is a remedial massage therapist, working from our Noosa clinic every Monday and Thursday. Griet has a special interest in;

- Sporting injuries
- General musculoskeletal injuries
- Neurological rehab/recovery

Griet completed her Diploma of Remedial Massage Therapy in 2022, as well as a Myofascial, Dry Needling qualification in 2023. Prior to practicing as a Remedial Massage Therapist, Griet was a physiotherapist in her home country of Belgium. She completed her Bachelor of Physiotherapy and Sports Rehab in 1999.



TEAM NEWS

GUEST SPEAKER AT NOOSA MEN'S SHED

We were thrilled that Zoe was invited to the Noosa Men's Shed recently to celebrate Men's Health Week. She did a presentation on the latest evidence surrounding physiotherapy interventions and management for prostatic enlargement, prostate cancer and urinary incontinence. Her presentation was incredibly well received and we were so happy to see some of our current and former clients at Noosa Men's Shed thriving!



KATE IS ON LEAVE

Kate is having a well deserved break, enjoying the European Summer! She will be back in clinic on Monday 10th July. Kate's patients and classes are being covered by our physio team while she is away. We hope she is having an amazing time and can't wait to welcome her back in July!



OCEAN COURSES

Ocean has been working hard behind the scenes on her courses about birth and the pelvic floor which she has run in Adelaide and Cairns. Her online Perineal Massage with Confidence Course has been hugely popular and we are so proud of her! For more information - visit [Pelvic Floor Mechanics](#).



EXTENDED HOURS @ NOOSA, GYMPIE & BUDERIM

Due to high demand and wanting to keep up with our clients' needs, we are so excited to announce that we have extended our hours across our three clinics!

NOOSA:

Mon 7:00am-6:00pm
Tues 7:00am-6:00pm
Wed 7:00am-6:00pm
Thurs 7:00am-6:00pm
Fri 7:00am-6:00pm

GYMPIE:

****Mon 8:00am - 4:00pm**
Wed 8:00am - 4:00pm

BUDERIM:

Wed 8:00am - 4:00pm

ALCHEMY SERVICES @ NOOSA, GYMPIE & BUDERIM

At our **NOOSA** clinic we provide:

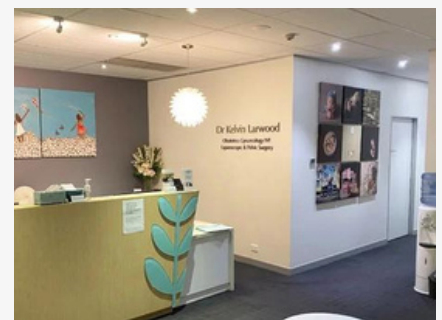
- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Occupational Therapy
- Exercise & Rehab classes

At our **GYMPIE** clinic we provide:

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

At our **BUDERIM** clinic we provide:

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



UPCOMING NEWS - KEEP YOUR EYES PEELED!

Allied health hub

We are thrilled to be currently in negotiations with two new allied health professionals, to add to our Noosa Alchemy Team. We are incredibly excited to be able to offer our clients and the community, such a wide variety of health care options providing the community with a one stop shop for their healthcare needs.



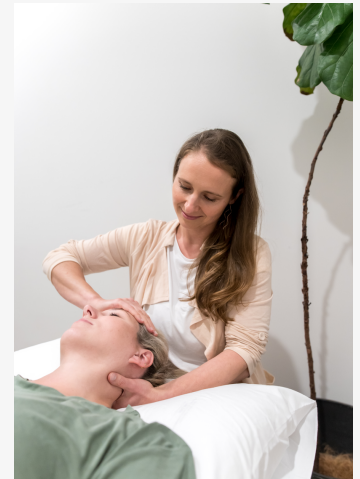
Community classes

We are still working away on our hydrotherapy and yoga classes, which we are hoping to roll out alongside the Ageing Well programs, funded by Noosa council. We are excited to bring these developments to you once we have finalised the logistics, class design, suitable dates and times. Stay tuned!



Holistic health care

We are very excited to be working on a new service offering, which will provide holistic health care options for clients who are seeking an alternative approach to healthcare. Keep your eyes peeled for some exciting developments!



NEW SERVICES

BABY CPR CLASSES

We are so excited to be partnering with CPR kids to bring baby and child CPR classes to Noosa! We are also so proud of our ever-talented Kelly (our lactation consultant), who will be running the classes from Alchemy. Our first baby CPR course is on Saturday 24th June. Bookings can be made via CPR kids.

In these courses, the following topics are covered;

- Baby and child CPR
- Choking
- Drowning
- Fevers
- Seizures
- Burns & poison management
- Head injuries and more.

BABY LED WEANING CLASSES

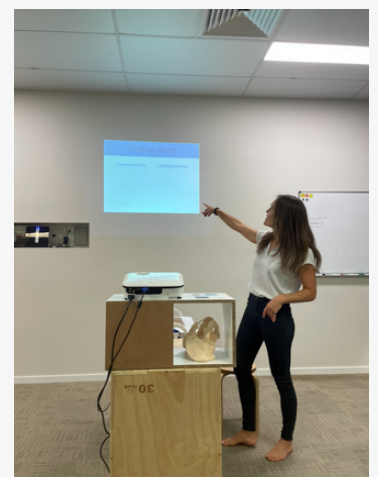
Kelly our Lactation Consultant runs baby led weaning classes every month and we are thrilled to see so many Mum's and families benefiting from her practical advice and expertise. Her classes cover:

- 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!

For more information, or to book, visit [Milk Supply Noosa](#)

PREP FOR BIRTH CLASSES

Ocean, one of our women's and pelvic health physiotherapists, will be running a prep for birth class towards the end of June. For more information or to book, please visit her website - [pelvic floor mechanics](#)



NEW SERVICES

HOW TO COPE WITH PAIN IN LABOUR WORKSHOPS

We are so excited to be partnering with Amy from Natural Birth Co. (who is also a midwife at SCUH) in running her 'How to Cope with Pain in Labour' workshops from Alchemy Noosa. Her first workshop will be Friday 7th July. Bookings are essential. Please visit our instagram page (link in bio) for booking information.



MYOTHERAPY

We are so excited to now be providing our clients and the community a Myotherapy service.

Myotherapy is an evidence based extension of remedial massage incorporating a deeper understanding of human anatomy and physiology, holistic whole body assessment and a wider variety of treatment modalities (cupping, dry needling, electrotherapy etc) in addition to the traditional hands on massage techniques.

Visit our website for more information.



COMMUNITY ENGAGEMENT

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

- Ageing Well classes @ Noosa Leisure Centre- every Wednesday morning
- Pregnancy Aqua @ Noosa Springs- every Thursday morning

For more information or to book, please call our friendly admin team on (07) 5474 9093



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 @ 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:

- Umbilical hernia in pregnancy case study
- The power of breath blog

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.

[Read More](#)

Alchemy VIP

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

[Read More](#)