

ALCHEMY IN MOTION



OCTOBER NEWSLETTER

TEAM NEWS

WELCOMING DR SIAN HEBRON **GP: Menopause & Women's Health**

We are thrilled to welcome Dr Sian Hebron into the NOOSA Alchemy family!
Sian is a Specialist General Practitioner with over two decades of experience, particularly focusing on Menopause and Women's health. With shared decision making, Sian will establish a care plan with her patients that includes a range of options to suit their needs, from Menopause hormone therapy to non hormonal treatments, nutrition and lifestyle advice.

Sian will be practicing from our NOOSA clinic every Wednesday and Thursday and her first day will be **Wednesday 2nd October**.



WELCOMING LIAM NEYLAND **Osteopath**

We are very excited to be welcoming Liam into the NOOSA Alchemy family!
Liam is an Osteopath with a special interest in sports & musculoskeletal injuries, paediatrics, post surgical and geriatric osteopathy. Liam enjoys utilising a broad range of osteopathic techniques into his treatments including dry needling and direct and indirect methods.

Liam is practicing from our NOOSA clinic every Tuesday and Thursday and his first day will be **Thursday 3rd October**.



WELCOMING DWAN ROSARIO **Clinical Myotherapist**

We are so thrilled to be expanding our myotherapy team by welcoming Dwan into our NOOSA Alchemy family!
Dwan is a Clinical Myotherapist with over 10 years experience in both clinical private practice and a professional-sporting setting. Dwan's treatment approach focuses on evidence based treatment and movement approaches, self treatment tools, patient education, lifestyle modification and strengthening exercises. When performing hands on treatment, Dwan enjoys offering trigger point therapy, dry needling, massage, and joint mobilisation.

Dwan will be practicing from our NOOSA clinic every Tuesday, Wednesday, Thursday and Friday and her first day will be **Tuesday 22nd October**.



NEW SERVICES

SPECIALISED GENERAL PRACTICE: MENOPAUSE & WOMEN'S HEALTH **COMMENCING WEDNESDAY 2ND OCTOBER**

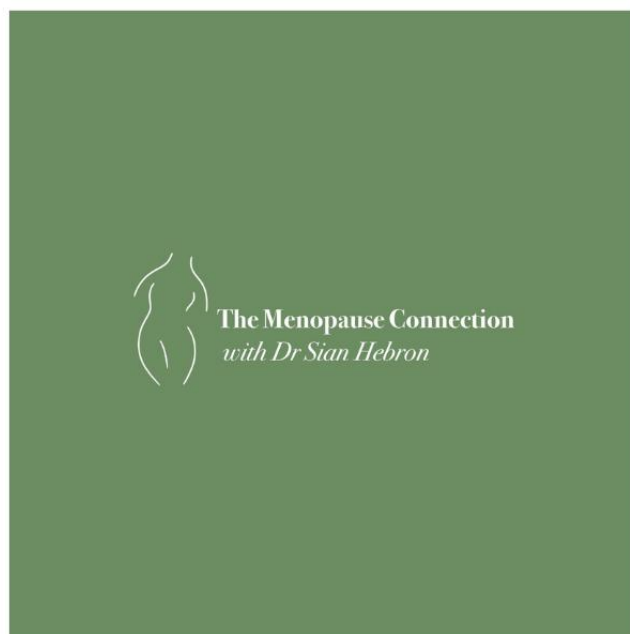
Dr Sian Hebron provides a dedicated and personalised approach for women to help them manage their symptoms effectively. Sian works closely with her patients, offering evidence-based advice and treatment options while taking time to understand their preferences and concerns.

Her patient's input is vital in creating a plan that aligns with their needs, empowering them to make informed choices developing a personalised management plan tailored to their unique symptoms, health goals and lifestyle.

Sian will be offering the following services:

- Advice and education surrounding hormones, how they change throughout a woman's life and their impact on mental and physical health
- Comprehensive assessment, advice and support of your general health and wellbeing including:
 - Symptoms of menopause
 - Hormone therapy
 - Non-hormonal treatments
 - Weight management
 - Sleep disturbance
 - Bone health
 - Mental health
 - Irregular, heavy & painful periods
 - Cardiovascular risk
 - Contraception advice
 - Cancer screening
- Feedback to your usual General Practitioner to ensure continuity of your care

Bookings can be made online via Hot Doc. Scan the QR code or alternatively Google "HotDoc Dr Sian Hebron The Menopause Connection"



NEW SERVICES

ALCHEMY CANCER CARE SERVICE

AVAILABLE NOW

We are thrilled to officially open a brand new treatment arm - Alchemy Cancer Care.

We are offering dedicated and collaborative allied health services to support clients facing diagnosis, treatment and beyond. Our aim in doing this is to be able to reduce barriers - making it easier for patients and their families to be able to access excellent, supportive health care options to manage their symptoms and concerns in this difficult and challenging time.

OCCUPATIONAL THERAPY

Our Occupational Therapist is an ALA Accredited Lymphoedema Practitioner and provides:

- Lymphoedema Management following treatment for cancers including:
 - Breast
 - Head and Neck
 - Gynecological Cancers
 - Melanoma
- Lymphedema Screening and Prevention
- Manual Lymphatic Drainage Massage
- Prescription of all compression garments (inc QLD Health funded garments where eligible)
- Compression Bandaging Programs
- Photo-biomodulation (low-level laser) for scars / lymphoedema/ radiation fibrosis / cording
- Prescription of Sequential Intermittent Pneumatic Compression Pumps
- Management of shoulder dysfunction related to scars / cording (axillary web syndrome)
- Scar management post reconstruction surgery (DIEP flap / TRAM flap / Latissimus dorsi)



ADULT & PAEDIATRIC PHYSIOTHERAPY

ORTHOPAEDIC PHYSIOTHERAPY

- Orthopaedic rehab pre and post operative
- Education and guidance regarding activity / exercise
- Fatigue management

MUSCULOSKELETAL PHYSIOTHERAPY

- Support with improving arm function post Mastectomy, Sentinal Lymph Node Biopsy, Axillary Lymph Node Dissection, Reconstruction +/- lat dorsi / TRAM flaps
- Support with improving leg function and return to exercise / activities of daily living post laparoscopic surgery or laparotomy.

PELVIC FLOOR PHYSIOTHERAPY

- Support with pelvic floor muscle dysfunction post breast or gynaecological cancer
- Dilator therapy support for pelvic radiation changes, including return to sex +/- ongoing vaginal exams

NEW SERVICES

ALCHEMY CANCER CARE SERVICE

DIETETICS

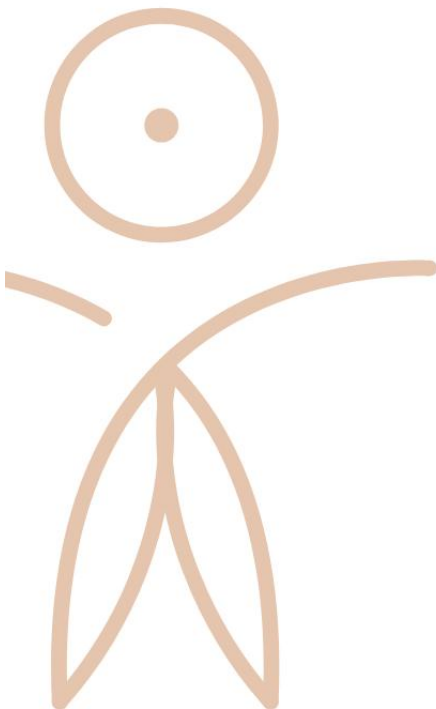
Nutrition support for:

- Optimising wellness during treatment
- Treatment related weight changes and malnutrition
- Symptom management (fatigue, nausea, loss of appetite, taste changes, bowel changes)
- Cancer rehabilitation - restoring strength and function post treatment
- Secondary cancer and chronic disease risk reduction



EXERCISE SERVICES

- Exercise prescription for chemotherapy induced peripheral neuropathy
- Tailored exercise prescription to improve cancer related:
 - Fatigue
 - Chemotherapy side effects
 - Decline in strength, cardiovascular fitness, flexibility and pelvic floor function
- Strength After Breast Cancer Exercise Program



NEW SERVICES

OVER 55'S CLASSES

COMMENCING: THURSDAY 3RD OCTOBER

We are so excited to be releasing a brand new series of Physiotherapy led exercise classes at our Noosa clinic for our wonderful over 55's!

We have two styles of classes - "Movement" (Level ONE) and "Strength" (level TWO). Private health insurance rebates are available for those who participate in our classes. A **COMPLIMENTARY** Physiotherapy Over 55's Assessment is required **PRIOR** to attending our Over 55's classes.

OVER 55'S MOVEMENT (Level ONE)

Physiotherapy led gentle movement class focussing on strength, motion and stretching. This class utilises chair based exercises with and without resistance bands or light weights and is a gentle introduction or reintroduction to exercise. Suitable for those who may utilise a walking aid or have a history of falls.



Max participants: 8

Class duration: 40 mins

WHEN: Thursday @ 9:15am



OVER 55'S STRENGTH (Level TWO)

Physiotherapy led movement class focusing on strength, movement and stretching. This class is a step up from our level one class and is suitable for those who are currently or have previously participated in exercise and do not utilise a walking aid. This class will include a range of standing and seated strengthening exercises utilising resistance bands or weights.

Max participants: 8

Class duration: 40 mins

WHEN: Friday @ 9:15am

OVER 55'S ASSESSMENT

To ensure that exercises prescribed are safe and effective and to comply with private health regulations, a **COMPLIMENTARY** physiotherapy assessment and medical screening is required **PRIOR** to attending our over 55's classes.

The assessment and pre screening will include:

- Medical history and Doctors clearance (if relevant)
- Discussion around history, injuries and goals
- Relevant objective assessment

You will receive your medical pre screening questionnaire prior to your complimentary physiotherapy assessment. After both have been completed, you may attend your first class.



EXPANDED SERVICES

OSTEOPATHY @ NOOSA **FROM THURSDAY 3RD OCTOBER**

We sadly said goodbye to our beloved Brigid Sandell last month and have been on the lookout for a new osteo to fill her big shoes!

We're thrilled to announce that Liam Neyland has joined the Alchemy team and will be offering an extended osteo service every **Tuesday and Thursday from 7am - 5pm!**

Liam's first day at our Noosa clinic will be Thursday 3rd October.

Liam's journey began with his passion for the human body was first ignited through many years of sports and exercise while growing up in Brisbane. This interest led him to pursue higher education at the Royal Melbourne Institute of Technology (RMIT), where he earned dual degrees in Applied Health Science and Applied Science (Osteopathy). After completing his studies, Liam returned to Queensland, where he has been working on the Sunshine Coast for several years. He has worked throughout a range of clinics from Buderim to Gympie and has experienced treating a variety of conditions, helping many individuals on their health journey.

Liam values diversity of treatment options in Osteopathy, in particular the use of Electro Dry Needling alongside a variety of direct and indirect methods to achieve the best outcomes for his patients. Liam is adept at treating individuals of all ages, including children, and his background in high-level sport makes him an excellent resource for sports rehabilitation and training.

To Brigid's clients:

We asked Brigid if she could sit in on our interview with Liam and she had a session with him after our chat. She was relieved to discover that his treatment approach and style was very similar to her own and she said that she will be back to see Liam for treatment herself! So if that isn't an endorsement I don't know what is!

Brigid ensured that she wrote thorough handovers for all of her patients so that the new osteo coming in had a clear understanding of everyone's concerns and preferred treatment styles.

We are offering for all of Brigid's previous clients at Alchemy an initial session with Liam at the cost of a standard follow up to allow him to meet you and discuss your needs and preferences prior to recommencing treatment.

If you have any questions about Liam, please don't hesitate to contact our friendly admin team.

EXPANDED SERVICES

MYOTHERAPY @ NOOSA FROM TUESDAY 22ND OCTOBER

We're thrilled to announce that our myotherapy team has officially expanded! Dwan Rosario is joining the Alchemy family!

She will be offering an extended myotherapy service every:

- **Tuesday 12:30pm - 6:30pm**
- **Wednesday 7:00am - 6:00pm**
- **Thursday 7:00am - 6:00pm**
- **Friday 7:00 - 4:00pm**

Her first day in our NOOSA clinic is Tuesday 22nd October.

Dwan is a Clinical Myotherapist with ten years of practical experience in both a clinical private practice and a professional-sporting setting. She holds a Bachelor of Health Science - Clinical Myotherapy from Southern School of Natural Sciences. She graduated in 2014.

Her treatment approach focuses strongly on researched treatment and movement methods, self-treatment tools, patient education, lifestyle modification and strengthening exercises. When performing hands on treatment, she enjoys implementing:

- Trigger point therapy
- Dry needling
- Massage
- Joint mobilisation

To Steph's clients:

We asked for Steph to have a session with Dwan and we were thrilled to find that not only their treatment approach, but their training and even personalities are very similar!

For those clients who have been suggested to move over to Dwan's list as Steph has altered her hours and has limited availability, please be assured that Steph has written thorough handovers detailing your history, treatment preference and goals. She is still very much in the clinic and is available for Dwan to ask questions if need be.

We are offering for all of Steph's clients at Alchemy an initial session with Dwan at the cost of a standard follow up to allow her to meet you and discuss your needs and preferences prior to commencing treatment.

If you have any questions about Dwan, please don't hesitate to contact our friendly admin team.



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