

allegra PHYSIO & PILATES PHYSIO + PILATES + DANCE

Physiotherapist - Part time, private practice

Allegra Studios
Yeppoon,QLD
Physiotherapy, Pilates Instruction, Rehabilitation (Healthcare & Medical)
Part time
Above award rate

Allegra Studios Physio & Pilates provides physiotherapy in all musculoskeletal and sports management. With areas of special interest in dance and sports injury/pain management, preventative and body conditioning programs along with men's and women's health including assessments using real-time ultrasound for in-depth consultation on pelvic floor function.

One-on-one Physio Personal Training sessions are also available, and small classes are capped at 5 clients to offer tailor made approach to training, rehabilitation, weight management, and chronic pain management. Allegra Physio & Pilates offers low intensity to high intensity small Pilates group session using Reformer, Wunda Chair, as well as open Mat classes and dance exercise classes to facilitate, strengthen and support our clients.

We are seeking a versatile physiotherapist ready to join our experienced team and help support our clients way to healthy, pain-free movement.

Allegra Studios is located in the heart of Yeppoon, with **three air-conditioned private and spacious treatment rooms**, a purpose-built spacious gym with state-of-the-art Pilates equipment, and sprung floor dance studio with Barres for workouts and training.

At Allegra Studios we pride ourselves on providing a safe and respectful space, with a team of highly qualified, friendly and supportive practitioners, all wonderfully blessed with their own experience and further training that they bring to our client base.

Career Opportunities

Private Practice in the heart of Yeppoon is equally challenging and inspiring. We see patients with acute and chronic pain, children, people with disabilities, dancers, sports people and tradies, grandparents trying to keep up with the grandkids, and adults crippled by stress and chronic pain conditions affecting their everyday movements. We cover NDIS, Allied health, Veterans affair and Workcover clients.

Our Team

We are a small, supportive team of three (three physios, three dance teachers, and three admin). Allegra Studios has been on a fast transformation in the three short years we have been in this location. We invite you to be a part of our Allegra Family, and help us continue supporting the growing community of clients we care deeply about.

Learning opportunities

Work alongside our Director, Alexandra Darnley-Stuart, who has been studying the mechanics of the human body as it moves, dances and grows since 2005 when she herself endured a dance related injury, causing her to take a break from her passion of dance, and commence her studies in Physiotherapy. Alexandra graduated with honours in 2011, delivering a study on Forming a Wholistic Framework for Developing and Sustaining Healthy Dancers. Alex was later awarded the Physiotherapy Research Foundation prize for her research conducted with the Australian Ballet. With a special interest in foot and ankle injuries in the dance arena, Alex is committed to supporting dancers and sports people to make it back to their passion, for a long and successful life of movement, health and well-being.

Caitlin Cagnola, Senior Physiotherapist and ex-Physiotherapy Business owner from Brisbane, and Mel Dwyer are our two other Physio team members – both acutely aware of the broad range of chronic pain and everyday conditions that people regularly seek physiotherapy for. Their combined experience covers mens health, -pre and -post operative care for prostate cancer clients, womens health and well-being dysfunctions and a myriad of conditions that affect peoples ability to work and play.

Our team's powerhouse list of expertise across the Physio and musculoskeletal biomechanics arena, together with their smiles, humour, and consistency of care and rehabilitative management, make for a stella team to join.

Allegra Studios Physiotherapists are supported by an administrative and management team, to support our wide range of clients, and adjoining dance academy.

Working together, mentoring each other, and seeking a positive work-life balance, we encourage those interested in joining our supportive, innovative, and nurturing environment on the beautiful Capricorn Coast **to apply now.**

The Role

Your hours will incorporate a combination of in-room-treatment sessions as well as small group (5:1) physio-led program based exercise sessions in the Westside studio gym using clinical pilates equipment including Reformer, Wunda Chair, Fitballs, weights, bands and more. In addition, leading open Pilates mat classes, and 30-minute power sessions will be shared on a rotational week on week-off basis.

There will also be the opportunity to work with our community partners to facilitate pop-up physio and information sessions.

We are looking for an awesome physiotherapist who is kind, caring and will uphold the values of our clinic. Experience in running Pilates classes, exercise rehabilitation and private practice, with a minimum of 3 years post graduate experienced preferred.

Available Hours – flexibility within these hours for the right candidate

Tuesday, Wednesday, Thursday 2-8pm

Friday 8am-5pm

Saturday 7am-12pm

Opportunity to build to full time.

Hourly rate: Above awards rates apply

Apply

Please send your Curriculum Vitae, AHPRA registration details and a covering letter telling us why you'd like to work with us at Allegra Studios, and the experience you bring to the team.

Email: admin@allegrastudios.com.au

We are reviewing applications as soon as they arrive – so we encourage sending them in as soon as prepared.

Want to know more?
Visit **www.allegrastudios.com.au**