



Occupational Therapist / Clinical Director

Professional Profile & Services

Ms Lucy Liongue is by profession an Occupational Therapist and she also functions as the Clinical Operations Director. Lucy specializes in the treatment of neuromuscular conditions and injuries, athletes, female and children's health, lymphoedema, scar tissue management, at Perth Integrated Health (PIH). Treatment may be applied to any age group for adults, children, the corporate sector and athletes involved with cycling, swimming, triathlons, gymnastics, golf and more.

The aim of Occupational Therapy treatment is to create a state of wellness for your muscles, joints, connective tissue and skin. Treatment plans can be provided in the following ways: hands on, Key Module, Whole Body Vibration (WBV) or Huber methods dependant upon the individuals needs. Lucy treats in Balcatta and Melville. Lucy is registered with all major health funds and rebates may apply depending on the patients' level of cover.

ACADEMIC & PROFESSIONAL APPOINTMENTS

Lucy Liongue is a qualified Occupational Therapist with experience in treating a diverse range of neuromuscular conditions and facilitating corporate health programs. Lucy graduated with a Master of Occupational Therapy from Curtin University.

She is a professional member of the Sports Medicine Association of WA and the Australian Institute of Management WA. Lucy is active in the health and wellness of children and teenagers with autism and has served as a board member historically.

CLINICAL PORTFOLIOS

Athlete Health (Swimmers, Cyclists & Triathletes)

Lucy is the clinical practitioner for Southshore, Southlake Dolphins, Riverton Aquanauts Swimming Clubs and other swimmers in Western Australia. Lucy and the clinical team at PIH are the clinical practitioners for the TriEvents Bikesure Triathlon series for the 2009/2010 AND 2010/2011 season. The PIH team are also the clinical practitioners for the BWA Cyclosporitif Series for the past 4 years, HBF Freeway Bike Ride and the 3 and 5 Dams Challenge. Lucy and the PIH team treat elite, novice and recreational athletes wishing to improve their performance, manage existing injuries and work with the athlete to strengthen and rehabilitate.

Female Health

Lucy specialises in treating neuromuscular health conditions for the female **and her whole family** to improve headaches, neck, shoulder, back, leg, ankle conditions, breathing issues, improving digestion, enhancing sleeping and energy patterns. Common areas of treatment for females are pre and post pregnancy conditioning and circulation issues such as localized fat and cellulite. Lucy has featured in the media through a groundbreaking study investigating the link between women wearing incorrectly fitted bras and the presence of back & neck conditions. Results showed an astounding 80% of the participants, were wearing incorrectly fitted bras and 94% had postural/muscular imbalances which can be successfully treated and managed.

Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626 Fax: 9316 3904

Email: appointments@pihc.com.au

Mailing Address: P.O Box 1574, Applecross, 6953

ABN: 73 069 383 900

ACN: 069 383 900



Child Health

Lucy specializes in enhancing the potential for children in areas such as fine and gross motor coordination, concentration, sleeping patterns, energy levels, bedwetting, colic, headaches and muscle/joint conditions. Structural imbalances are also addressed such as knee pain, low back and neck and shoulder conditions. These areas when treated early can maximize your child's potential for the future.

Scar Tissue Management

Lucy specialises in the treatment of scar tissue post elective, emergency and cosmetic surgery for breast, axilla (underarm) face, on the limbs (arms, hands, legs and feet) and caesareans. Scars as a result of injuries can also be treated.

Lymphoedema Management

Lucy specializes in the treatment and management of lymphoedema using the Key Module System. PIHC is the first clinic in Western Australia to have this medically based, state of the art system for the benefit of clients living with lymphoedema and wishing to enhance their function and quality of life by increasing movement of the limb, improving pain and swelling levels. Key Module is painless, non invasive and operates without the use of any chemicals, creams or gels.

CORPORATE HEALTH CONSULTANCY

Lucy facilitates conducts Corporate Health Programs for organisations including workstation and vehicle ergonomic workshops and assessments. Recent clients include Perth Mint, Mallesons Stephen Jaques, St John of God Pathology, National Trust, Statewest Credit Society, Department of Water and Deloitte Ltd to name a few.

HEALTH & WELLNESS PROGRAMS

PIHC Cycle Skills Program – Lucy is a qualified cycle skills coach and participates in the PIHC Cycling Program which is aimed at teaching clients basic cycling skills to enhance fitness. She cycles on the PIHC Cycling Team for recreational, competitive cycling events such as Cyclosporitif, Amy Gillet Grand Fondo and overseas cycling tours.

MEDIA

In October 2005, Lucy featured in the media on *Channel Seven's, Today Tonight* in which she was involved with the clinical presentation of her groundbreaking study investigating the link between women wearing incorrectly fitted bras and the presence of back & neck conditions.

COMMUNITY WORK

Lucy cherishes her Christian values and is a Children's Sunday School Teacher. She is passionate and professional in her approach to health; treatment plans are designed to be realistic and workable. Lucy was involved in the PIHC Run, Walk, Cycle for Daniel Stokes to raise money to assist him after the a motor vehicle accident.

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In 2005 she participated in the Allendale Abseil to raise money over \$2000 for children in Princess Margaret Hospital (PMH). In the past Lucy has volunteered her services at the Starlight Room based also at PMH for to brighten the lives of children during their stay in hospital.

Guide to Appointments

1. Call 9240 5266 to book your appointment with Lucy Liongue.
2. Follow the treatment schedule outlined. It will be best to make your appointments in advance on the frequency prescribed to ensure that you obtain your optimal dates and times;
3. The clinic reserves the right to charge for non attendance should the appointment be cancelled within 24 hours of its scheduled visit;
4. Be on time for your appointment. As a rule, Lucy Liongue conducts her clinical practice on schedule. The times that she is late is normally proportional to the time delay due to other patients in their appointments;
5. Like all-important things in life, your neuromuscular recovery is crucial. As such, plan your visits accordingly, allowing yourself appropriate time to catch a bus, train or drive to the centre;
6. Should you drive to the clinic, it is best that you park your vehicle at least 200 metres away to ensure you have sufficient time for mobilisation after your treatment session.

Practice Locations

*Balcatta: Northern Districts Clinic 12/8 Booth Place, Balcatta (off Erindale Road) –
Melville: Melville Aquatic and Fitness Centre, Marmion St, Booragoon.*

For Appointments

Perth Integrated Health Reception
Ph: 9240 5266 and specify the location for your appointment.

For More Information

Lucy Liongue
Ph: 9240 5266
Mobile: 044 833 2168
Email: lucy@pihc.com.au
www.pihc.com.au

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