

Ph: (618) 9226 1239
Fax: (618) 9226 1259
Mob: 044 833 2168
Email: lucy@pihc.com.au
Web: www.pihc.com.au
www.ianwee.com.au



Lucy Liongue

Occupational Therapist / Clinical Operations Manager

Professional Profile & Services

Ms Lucy Liongue is by profession an Occupational Therapist specialising in treating lymphoedema, neuromuscular conditions and injuries at Perth Integrated Health Clinic (PIHC). Lucy treats in West Perth, Melville and Kwinana. She also functions as the Clinical Operations Manager. Lucy is registered with all major health funds and rebates may apply depending on the patients' level of cover.

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. Treatment may be applied to any age group for females, males, children, the corporate sector and athletes involved with cycling, swimming, gymnastics, golf and more.

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.

Lucy is a current board member for the Friends of Autism where is assists in the health and wellness of children and teenagers with autism. She is a professional member of the Sports Medicine Association of WA and the Australian Institute of Management WA.

CLINICAL PORTFOLIOS

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. 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.

Child Health

Lucy specializes in enhancing the potential for children in areas such as concentration, sleeping patterns, energy levels, bedwetting, headaches and muscle/joint conditions. These areas when treated early can maximize your child's potential for the future.

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.

INCORPORATING:
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OCCUPATIONAL
THERAPY
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PODIATRY
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NATUROPATHY
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EXERCISE
PHYSIOLOGY
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COUNSELLING
•
HEALTH SERVICES

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KEY MODULE

Endermotherapy, Endermosports and Endermomedical applications to
suit your needs.



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Detoxification Program

In conjunction with the Naturopath, Lucy specialises in the Detoxification Program to spring clean the body of toxins. The innovative program is suitable for individuals looking to kick start weight management goals, improve eating habits, improve digestion, enhance sleep patterns and energy levels.

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 Cycling Program – Lucy is a cyclist who 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.

PIHC Pole Walking Instructor - Lucy is a qualified pole walking instructor and conducts twice a week fitness sessions. One of her clients recently lost 14 kgs with pole walking weekly for 10 weeks and the Detoxification Program for weight management.

PIHC Rock Climbing Program – Lucy is the clinical practitioner for this program which teaches clients basic rock climbing techniques for fitness and improving upper and lower body strength.

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.

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.

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Guide to Appointments

1. Call 9226 1239 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) –
From 1st December 2008*

West Perth: 41 Havelock St, West Perth (Only till 29th December 2008)

Melville: Melville Aquatic and Fitness Centre, Marmion St, Booragoon.

Kwinana: Kwinana Recquatic and Fitness Centre, Cnr Gilmore and Chisham Ave, Kwinana.

For Appointments

Perth Integrated Health Clinic Reception

Ph: 9226 1239

For More Information

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