Vital Health aim to provide a self-empowering and integrated approach to health and well-being, by providing access to a diverse and multi-disciplinary Allied Health Professional Team. Servicing the Roma District for over six years, their modern multidisciplinary allied health practice will now also be available in Dalby.

Practice Manager of Vital Health Laurice Kennedy said there was a definite opening for their service in Dalby. “We saw the need for Allied Health services in Dalby and thought it was a great opportunity to provide them.”

Established in 2004, during the past five years Vital Health has embarked on new and innovative models of service delivery to the Roma district and its developing rural outreach locations, including Mitchell, Injune, Chinchilla, Miles, Wandoan and St George. “We’ve branched out and do a lot of outreach to these regions,” Mrs Kennedy said.

Four clinicians are available for consultation at Vital Health in Dalby including exercise physiologist and dietician Brady Schulz, physiotherapist Jamie Green, speech pathologist Elizabeth Hayward and massage therapist May Legaspi.

Physiotherapist Jamie Green is trained to assess and treat movement disorders affecting joints, muscles, nerves and the cardio-respiratory system. Treatment involves a wide range of techniques to relieve pain and restore movement from a number of conditions including musculoskeletal pain, sporting and workplace injuries, stroke and falls rehab, arthritis, mobility problems, paediatric/development problems and many others.

“Our centre incorporates consulting rooms and a gym area designed for one-on-one and small group classes with our exercise physiologists,” Mrs Kennedy said.

“The centre also co-ordinates circuit and spine-fit classes as well cardiovascular and musculoskeletal rehabilitation and chronic pain management. The range of activities in the cardiogym focuses on weight loss and general health and fitness as well as diabetes prevention / management and chronic disease prevention.”

Exercise physiologist Brady Schulz can improve patients overall health and wellbeing by becoming more active while also helping with chronic disease management and complex medical conditions such as diabetes, obesity, heart disease, high blood pressure and arthritis.

Also a dietician, he can help to improve patients overall health and wellbeing through lifestyle changes, while also assisting with diet related conditions such as obesity, diabetes, high blood pressure, heart disease, renal patients, some cancers, high cholesterol, constipation or diarrhoea, depression, food allergies, reflux and many others.

Elizabeth Hayward the speech pathologist can assist anyone, adult or child, who is experiencing difficulties communicating or have trouble swallowing. She can assess and provide therapy for people who have a problem with language, speech, voice, hearing loss, swallowing or stuttering.

Lastly, massage therapist May Legaspi can reduce muscle tension, enhance sporting performance, assist in sports injury recovery, improve blood circulation and provide relief from acute and chronic pain.

Vital health will officially open next Friday June 18 and invite everyone to drop in and meet the team. Our clinicians will be available, while customers can also enjoy free ten minute massages.

“We invite everyone to walk in off the street and talk to our clinicians for free and get more information if needed,” Mrs Kennedy said.

“Our aim is to continue and establish new developments in allied health services to rural/remote communities in Southwest Queensland, to ensure the provision of an accessible and sustainable service.”

No referrals are necessary and private health insurance is accepted.

For more information contact Vital Health on 4662 6640 or visit the centre at 117 Cunningham Street.