



Sam Nupen: Physio, Wife, Mother & Driving Force behind the Holistic Health Collaboration

SAM NUPEN

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"The idea of a 'health centre' isn't new, in fact it is probably a bit of a jaded idea" were Sam's opening words during our interview. As true and blunt as those words may be, the collaboration that Sam envisaged is so much more than a simple collection of health professionals.

"The cup of tea is missing from healthcare"

The core tenet for Sam is "**care**". "It's the cup of tea that is missing from healthcare". Her own journey from specializing in sport-specific physiotherapy to becoming a mother herself and realizing that there is a distinct need for women's health-related physiotherapy has brought Sam to where she is at Physio Dynamix today.

The organic development of the practice from pure Physiotherapy to a safe space where clients are made to feel cared for, heard, appreciated and above all, understood, is very much the product of Sam's nature. A client myself, I know that no matter how busy the diary is, Sam will ensure that your physio session is a space for trust and support – and that transcends the body part receiving attention!

Care in a Caring Environment

"I really had a vision of adding value to the client's experience, and by this, I mean the cup of tea, the convenience, and the well-rounded attention" Sam explains. "Baby Dynamix is a perfect example: it's hard when you have a newborn and the convenience of having a space for your own post-partum treatment plus someone who offers sage advice regarding baby's development and answers questions with a wealth of experience all in one place – that's of great value".

I press Sam a bit on the origins of the collaboration and she laughs: "I like a challenge, and I needed something additional in my orbit to keep me curious!" I've heard of worse reasons to venture out on new limbs, and indeed, the idea that Sam was mulling over in mid-2016 has blossomed and become a reality already: no time wasted!

The value of becoming part of the Physio Dynamix extended family is summarized in this experience: "I managed to break an arm at the same time my husband and I both lost our jobs. It was all quite stressful. Sam treated far more than my arm! Her care goes way beyond the physio table". Colleagues at

Physio Dynamix shared similar sentiments: "Sam just 'gets it'. She is continually supportive & I value her advice highly."

"Sam's world view let her see just how important a holistic approach to self-care is, and she has embraced this wholeheartedly."

"Professional, kind & caring, Sam is really the "mom" of the practice!"

Come along to Physio Dynamix and meet the team. Join the online family on Facebook for updates and informative snippets.

Reception: 011 706 7433

The Physio Dynamix Holistic Health Collaboration includes:

Baby Dynamix Clinic; Paceline Gym & Performance Centre; Justin Jeffery Biokinetics; Mindful Eating; Romy Toussaint (NLP Practitioner & Life Coach); & Pilates.

For more information on each collaborator please see the website:
www.physiodynamix.co.za