



NOELLE GORNALL: Special Interest in Sport Physio

Ten half-ironman distance triathlons, representing South Africa at the long-distance Triathlon World Championships in Holland in 2008 ... these are but some of Noelle's ultra-endurance achievements to date. In 2017 she decided to try out some "short-ish" trail runs, a 32 km distance event particularly springs to mind. Just hearing all this leaves me feeling jaded. Somewhere in between all this Noelle also gave birth to Kylie. Superwoman? Then what is her kryptonite, I wonder?

Iron-distance Triathlons and Trail Runs...

"If you love it you will always gravitate to it" laughs Noelle. "Perhaps it was an obsession, but it certainly isn't any more. I love a 3 km run pushing Kylie in the pram, just to get out and into fresh air."

After qualifying as a Physiotherapist (WITS, 2004), Noelle completed her community service year in Volksrust and then spent some years at a private hospital in Surrey, where she gained vast experience in rehab of

post-op knee and spinal surgery patients. While in Surrey, she also completed a Pilates course - which is important because Noelle believes wholeheartedly in holistic treatment.

In 2012 Noelle completed a Postgraduate Certification course in Sports Physiotherapy, and met Sam Nupen, Physiodynamix's livewire owner and driving force. It would be 2017 before Noelle found her way to becoming a member of the Physiodynamix team, but it was this earlier connection with Sam that laid the groundwork.

"Sam just has the nicest people surrounding her, there is just the right energy here" says Noelle, of Physiodynamix. "I would describe this as a truly nurturing and thoughtful environment," she says.

Patient First

Of the Holistic Health Collaboration that has got off the ground at Physiodynamix in 2017, Noelle cannot speak highly enough. "The cross-referral with the Biokineticists

and the gym right here is excellent" she says. "It's very rare to find this".

Evidence-Based Treatment

Critical evaluation of existing treatments and constant re-thinking the value of accepted treatments inspires Noelle. A true scientist, she values the research which backs up treatments and is very unlikely to use a specific treatment simply because "it is what we've always done" if the research is not conclusive. Patients can rest assured that her rationale for using treatments is sound and continually updated via the research.

"Challenging Beliefs" is a practice we should applaud, as we – the patients – will benefit directly!

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

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