



THE *optimal* health LAB

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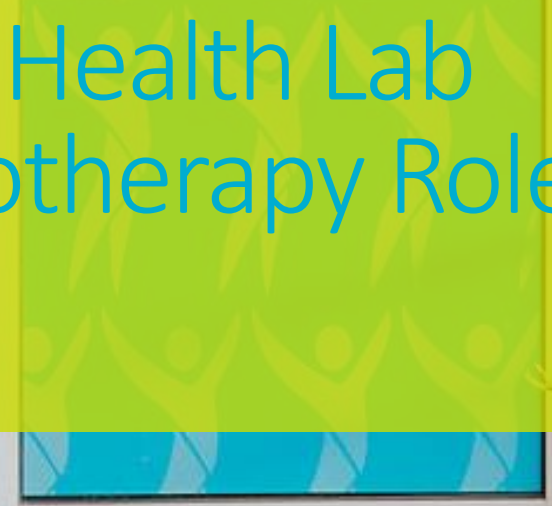
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YOUR HEALTH
TO A WHOLE
NEW LEVEL

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The Optimal Health Lab - 2023 Physiotherapy Role Prospectus



We hope this document allows any applicant to be 'best informed' about our advertised role, therefore the contents of this Physio Prospectus include...



- ❑ Summary of the Physio we are hoping to find – Page 3
- ❑ Why are we hiring a physio – Page 4
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Clinical Team member attributes we look for...

As a new physio team member you need to be able to, as well as ideally want to...

- Integrate into the OHL multidisciplinary team,
- Be able to assess, treat and care for anyone who walks through the door using evidence-informed knowledge, intuitive mix of manual + educative + exercise therapy, and patient-centred management planning,
- Ready to continue learning through internal PD programs and external courses,
- Stepping seamlessly into existing caseload and furthering this dynamic caseload with own reputation,
- Run small group rehab sessions (4:1 in a 50min class format),
- Be able to work within our OHL processes to help with time management and admin efficiency,
- Engage in collaboratively learning opportunities from multidisciplinary team,
- Able to maintain a high standard of professional behaviours and clinical ethics.

Plus, be excited, passionate and ready to provide an optimal experience!



Why is OHL looking to recruit in August 2023?

Recently a physio team member has moved into a different style of physio role, and thus, excitingly, OHL has an existing caseload of musculoskeletal, pain and sporting clientele looking for expert physiotherapy care. Does this sound exciting for you? Teaching Group Physio classes within our Strength Lab is also part of this dynamic role, and potentially mentoring (if interested).



The actual role – let's get more specific!

- ❑ Role: Physiotherapist, as employee structure (not sub-contractor or casual, unless these are scenarios you want to explore).
- ❑ Qualification: Australia Physiotherapy degree, with current AHPRA registration. We are looking for a clinician with a minimum of 6 months experience in a private practice (or like) environment.
Preference for someone completed or completing a post-graduate masters in sports or musculoskeletal physiotherapy OR ASCA Level 1 or 2 OR women's health qualifications OR completed good variety in external courses.
- ❑ Hours: This role needs to be a minimum of 24 hours/ week (3 days in the clinic), but we would prefer a full-time role (38 hour week). What would suit you best? The role can be designed with the clinician's input (coupled with the clinic's needs) for candidates wanting to balance study + family + work and/or health.
The Optimal Health Lab operates Monday to Friday, so no weekend work!
- ❑ Internal mentoring promised (frequency depending on interest and knowledge) + annual PD budget for external courses.
- ❑ Clientele: Mix of musculoskeletal, sporting, pain, chronic disease, injury prevention and growing pre-op and post-op community!

So far so good - Would you like to come to work with us? READ ON!



How does OHL care for the energy of our clinical team members?

We aim to actively prevent clinical burn-out and make 'clinical longevity' part of our clinic philosophy. No 'churn and burn' antics here – we are looking to support career clinicians enjoy their work world!

30min consults +
blocked admin
time each week

50min Group
Physio classes,
with 10mins
spare for notes
or client chats

Supportive
admin support
for letters, follow
up and client
communications

Clinic leadership
team interested
in supporting
your goals both
personally and
professionally

The current OHL team – who you'd work with!



OHL Ownership and Leadership

Andrew Campbell
Lauren McLinden
Darcy Sharples



OHL Clinical Team

Darcy Sharples (Physio)
Lauren McLinden (Physio)
Josh Priest (Physio)
Rebecca Barry (Physio)
Melanie Cricco (Podiatrist)
Michael Jephcott
(Myotherapy)
Emily Clarke (Dietitian)



OHL Admin Team

Lindy Hartley
Robyn Cronin
Ruby Dixon
Jenni Sexton



Perks for your 'career' at OHL

Multi-disciplinary team
(x6 Physio, Podiatrist,
Dietitian, Myotherapist +
Remedial Massage)

Internal PD program: Strong
focus on 1:1 mentoring from
senior team mixed with group
session and external visitors

Professional
development fund for
external courses

Structured remuneration
package that allows you to
build as a clinician and
rewards high performance

Strong links with network of
orthopaedic surgeons,
sports doctors and GP
clinics

Links with local sporting
clubs, with the potential for
paid sports trainer work

Multiple career
pathways that can head
in clinical and other
directions

Purpose built facility with
spacious treatment rooms
and rehab gym space we
call the 'Strength Lab'

No Weekend clinical work!
Current clinic hours: (Monday -
Thursday 7-8am start to 8-8:30pm
finishes, Friday 8am - 5pm). A new
graduate role will have a mixed
roster of early starts, late finishes
& in between!

There will always be a
fellow physio working along
side you. You will never be
solo in the clinic

Access to allied health 'toys and
technology' like hand-held
dynamometers, PhysiApp and
all electronic communication

Full administration support.
They are always there to
provide support to you and
provide a great client
experience beyond the
treatment room

Our starting story...

The Optimal Health Lab is a contemporary health destination founded by Lauren Campbell in Eltham, Victoria, in 2017. The clinic specialises in delivering personalised, comprehensive healthcare under one roof to help you achieve your optimal performance and take your health to the next level. With a focus on scientific sports and rehabilitative medicine, the multidisciplinary team of experts work with injured patients who want to be optimised, as well as other patients who want to function healthier and move better. The Optimal Health Lab approaches every client differently, listens deeply to their needs and goals, and creates a personalised experience for them.

Since opening our doors, OHL has cared for over 4000 clients and it has become a place of embedded in our local community, a place for friendship and known for outstanding healthcare – and, proudly, it continues to be led by founding siblings Lauren Campbell and Andrew Campbell (pictured here).





Mission Statement at the Optimal Health Lab

‘The destination for optimal
health and performance’



Consistency



Excellence



Community

Values at
the Optimal
Health Lab



Perks and Possibilities for your ongoing career at OHL....

- After you've progressed through your new graduate years and starting to find your clinical confidence, OHL leaders like to start talking about pathways for your physiotherapy career and how we can support your career aspirations... and this becomes an ongoing conversation as your career progresses within our team!
- View our career progression options next...

OHL Career Progression Opportunities



Clinician



Clinician +
mentoring



Clinician +
projects



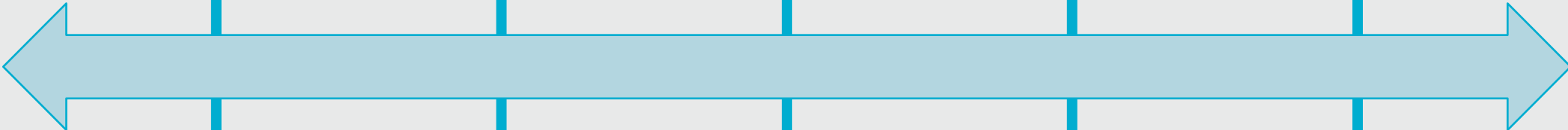
Clinician +
further study
(formal post-
graduate
study)



Clinician +
mentoring +
business
growth focus



Clinician +
mentoring +
business
growth focus
+ leadership
in clinic
direction



Remuneration package at OHL

Remuneration = Salary + Commission
(+ discretionary bonuses for high performers)

What goes into creating your remuneration package at OHL?

Ultimately, we are a high-end clinic environment and thus our remuneration structure reflects the dot points below. OHL is not a clinic running behind curtains, without tech and no admin support. Here's how you are supported by our style of clinic operations...

- Admin team support
- Workplace environment: not medicalised, clean and calming.
- Hours of operation: Monday – Thursday (8am-8pm), Friday (7am-5pm)
- Balanced week: balance between late & early. Mix of classes and appointments.
- Facilities: Fully equipped Strength lab, large rooms, verandah
- Toys & Tech: Hand-held Dynamometers, Physitrack, Online accessible diary, NordBord, Models +
- PD: PD budget + internal PD – 1:1, Group, Visitors.
- Group Physio class structure of 50min of class content, with 10mins of notes/ chat time after class. Not 45min back to back to back...
- Plus +++



Application process for our 2023 Physio role

- 1) Please send your resume (no longer than 2 pages) and a 1-page cover letter to andrew@optimalhealthlab.com.au ASAP (as we're keen to chat to exciting candidates promptly).
- 2) This email is to be titled '[Your name] wants to join the OHL community'.
- 3) Also, we want to hear the key education points you would share with a 70year old lady who has severe unilateral gluteal tendon pain and wants to continue attending her beloved aerobics classes on Monday and Thursdays with her friends.
- 4) We intend to run interview for successful candidates within 1-2weeks of receiving your application. Depending on geography/ availability, this could be F2F or via zoom.
- 5) In the meantime, if you have any further questions about OHL and/or this role, please get in touch with our team and we'll help you best 'best informed' about the role.

Thanks for reading – Lauren and Andrew (Directors)