

Alison graduated with a degree in physiotherapy in 1979 at The University of Queensland and since then she has been continuing to study new disciplines in the health industry as well as within the field of Physiotherapy.

- She studied Osteopathy in London in 1981 for 2 years as well as Therapeutic Exercise choreography.
- She has trained as a Level 4 Clinical Pilates Instructor and has 14 years experience teaching it.
- She has trained to be a Health Behaviour Change Facilitator for a large Company teaching Health Practitioners around Australia how to communicate better with their clients for better health outcomes.
- Alison is the Author of 3 books as well as an Australia-wide physiotherapy program.
- Alison co-wrote and taught a Nutrition Course to Physiotherapists and successfully travelled around Australia conducting Seminars.
- Alison and her husband Martin have recently sold a very large established (26 years) Allied Health Clinic in Brisbane.

She is passionate about helping her patients achieve optimal health in as short a time period as possible, understanding that she can help to tweak the body in preparation for the body to heal itself.