

NOW ACCEPTING NEW PATIENTS — SUNSHINE COAST



Dr Kimberley Wells

MBBS, FACSEPSport & Exercise Medicine Physician
Sunshine Coast, Queensland

Your Specialist in Sports & Exercise Medicine

Dr Kimberley Wells is a Sport & Exercise Medicine Physician on the Sunshine Coast. She is a Fellow of the Australasian College of Sport and Exercise Physicians (FACSEP), which means she has completed specialist training in the diagnosis and treatment of musculoskeletal injuries, exercise prescription, and helping people of all ages get back to the activities they love.

Whether you are recovering from a weekend sports injury, managing a long-term joint condition like osteoarthritis, or looking for expert guidance on returning to exercise after illness or surgery, Dr Wells can help.

About Dr Wells

Before becoming a doctor, Dr Wells was a professional cyclist, a dual Australian National Champion and multiple UCI international race winner. That lived experience as an elite athlete gives her a genuine understanding of what injury means to a person, whether you are a professional sports person, a keen weekend runner, or simply someone who wants to stay active and pain-free.

Dr Wells served as Team Doctor for the ACT Brumbies Super Rugby team and worked with the Australian Institute of Sport and ACT Academy of Sport, caring for Olympic and Paralympic athletes across more than 40 different sports. She is a graduate of James Cook University Medical School.

What can I see Dr Wells for?

Dr Wells sees patients of all ages for a wide range of musculoskeletal and exercise-related conditions, including but not limited to:

- Sporting injuries (sprains, strains, tears)
- Knee injuries, including ACL
- Shoulder problems and instability
- Hip and groin pain
- Ankle injuries and Achilles problems
- Concussion assessment and management
- Tendon pain and overuse injuries
- Osteoarthritis (all joints)
- Back and spinal conditions
- Bone stress injuries
- Plantar fasciitis
- Exercise prescription for chronic disease
- Return-to-sport programs
- Women's sports health and RED-s

Treatments Available

- Ultrasound-guided injections
- PRP (Platelet-Rich Plasma) therapy
- Shockwave therapy
- Imaging interpretation & diagnostic clarity
- Non-surgical management & rehab planning
- Concussion baseline testing & management

How to Book an Appointment

A GP referral is recommended so you can claim a Medicare rebate, but it is not essential. You are welcome to book directly by phoning the clinic or visiting the website below.

Currently Consulting

SportsMed Sunshine Coast — Sports Hub, Bokarina QLD

Ph: (07) 5415 0428 | Appointments via clinic reception

Noosa location — coming soon