

NOW ACCEPTING NEW PATIENTS — SUNSHINE COAST



Dr Kimberley Wells

MBBS, FACSEP

Sport & Exercise Medicine Physician

Fellow, Australasian College of Sport and Exercise Physicians

Dear Colleagues,

I am delighted to introduce myself as a new Sport & Exercise Medicine Physician on the Sunshine Coast. Having recently relocated to the area, I am looking forward to building collaborative relationships with local GPs, physiotherapists, surgeons, and allied health professionals.

I am a Fellow of the Australasian College of Sport and Exercise Physicians (FACSEP) and provide specialist assessment and management of musculoskeletal injuries, exercise prescription, and performance optimisation for patients of all ages, from paediatric through to geriatric, and from weekend warriors to elite athletes.

Prior to moving to the Sunshine Coast, I served as Team Doctor for the ACT Brumbies Super Rugby team and worked as a consulting physician with the Australian Institute of Sport and ACT Academy of Sport, caring for Olympic and Paralympic athletes. In total, I have worked across more than 40 different sports at community and elite levels.

Before sports medicine, I was a professional cyclist, a dual Australian National Champion and multiple UCI international race winner. That lived experience as an athlete gives me a personal understanding of what injury means to a patient, and what it takes to get back to the activities that matter to them. I am also a proud graduate of James Cook University Medical School.

I welcome referrals for patients of all ages and abilities, including WorkCover. Comprehensive letters are provided via Medical Objects following all consultations, and I am always happy to discuss cases by phone.

I have included a summary of my clinical interests, services, and current consulting location overleaf. I offer a wide-ranging specialist service for all musculoskeletal conditions and related medical issues, and I aim to support the Sunshine Coast medical network and community with excellence in sport and exercise medicine.

Please do not hesitate to reach out. I look forward to working with you.

Warm regards,

Dr Kimberley Wells

MBBS, FACSEP | Sport & Exercise Medicine Physician

Currently Consulting

SportsMed Sunshine Coast — Sports Hub, Bokarina QLD

Ph: (07) 5391 4749 | Appointments via clinic reception

Noosa location — coming soon



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Australian National Champion



ACT Brumbies Team Doctor — Fiji



Noosa Festival of Cycling Winner

Clinical Interests

Acute Sporting Injuries

- ACL / acute knee injuries
- Ankle sprains, instability & Achilles rupture
- Concussion baseline & management

Sport & Athlete Medicine

- Return-to-sport
- Female athletes, RED-s & iron deficiency
- High performance medical screenings
- Para-athletes
- Exercise prescription for chronic disease

Joint & Soft Tissue

- Shoulder instability, rotator cuff & adhesive capsulitis
- Hip & groin pain (FAIs)
- Meniscal / labral injury

Tendon, Bone & General MSK

- Tendinopathy, overuse injuries & bone stress injuries
- Plantar fasciitis & muscle injuries
- Osteoarthritis (all joints)
- Spinal & lower back conditions

Services & Treatments

- Ultrasound-guided injections
 - Corticosteroid & viscosupplementation
- PRP (Platelet-Rich Plasma) therapy
- Shockwave therapy (ESWT)
- Diagnostic clarity (musculoskeletal medicine)
- Non-surgical management
- Imaging interpretation
- Acute injury & concussion clinics
- Concussion baseline screening

Surgical Assisting

Dr Wells provides orthopaedic surgical assisting and is available for regular theatre lists.

Hip | Knee | Shoulder | Elbow
Hand | Foot & Ankle

For Referrers

Dr Wells welcomes referrals for patients of all ages and abilities, including WorkCover patients. A GP referral is recommended to enable Medicare rebates but is not essential; self-referrals are also accepted.

Comprehensive letters are provided via Medical Objects following all consultations. Dr Wells works collaboratively with GPs, physiotherapists, and orthopaedic surgeons to ensure coordinated, patient-centred care.

Qualifications

FACSEP — Fellow, Australasian College of Sport and Exercise Physicians

MBBS — Bachelor of Medicine, Bachelor of Surgery (James Cook University)

Currently Consulting

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