

Leah Purcell

Able Bodies Physiotherapy



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She has travelled far and wide working with some of the best physiotherapy practitioners and now Leah Purcell is running her own gold-standard physiotherapy practice back home in County Kildare. After graduating with a first-class honours degree in Physiotherapy from Trinity College Dublin in 2008, Leah moved to New Zealand where she spent six years working in sports and musculoskeletal physiotherapy. Upon completing a Master's in Manual Therapy at the University of Western Australia, Perth in 2015, she returned home to Ireland where she began working as a senior physiotherapist with spinal surgeon, Mr Ashley Poynton, at the Poynton Spinecare Institute. She spent three years there specialising in the triage, diagnosis, and management of neck and back pain, and helped to establish the Institute's Spinal Assessment and Physiotherapy services.

Since setting up Able Bodies Physiotherapy in April 2018 in Newbridge, she has continued to work with spinal surgeons throughout the country, specialising in neck and back pain, taking referrals for post spinal surgery physiotherapy and referring patients for surgical consult if needed.

COVID presented unique opportunities, and Leah set up a physiotherapist-lead online Pilates community. All classes are tiered (Beginners, Intermediate and Advanced) and cater for those recovering from surgery or with arthritis and osteoporosis, right up to athletes. Indeed, they ran Pilates classes for the Kildare Men's GAA team (who reached the 2021 Leinster Final) during the two lockdown periods. Able Bodies Physiotherapy also runs corporate 30 minute lunch time "Power Pilates" online.

It has been a whirlwind few years for Leah as she is seeing to all her clients while running the business herself. But the positive experience of ACORNS has helped her find a healthy balance between work and rest and it has given her the confidence to achieve her goals. Leah now employs 2 others and her goal is to build on her team of like-minded physiotherapists, and to continue growing Able Bodies Physiotherapy into her vision of a centre of excellence for spinal care and rehabilitation.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
 Bia agus Mara
 Department of Agriculture,
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