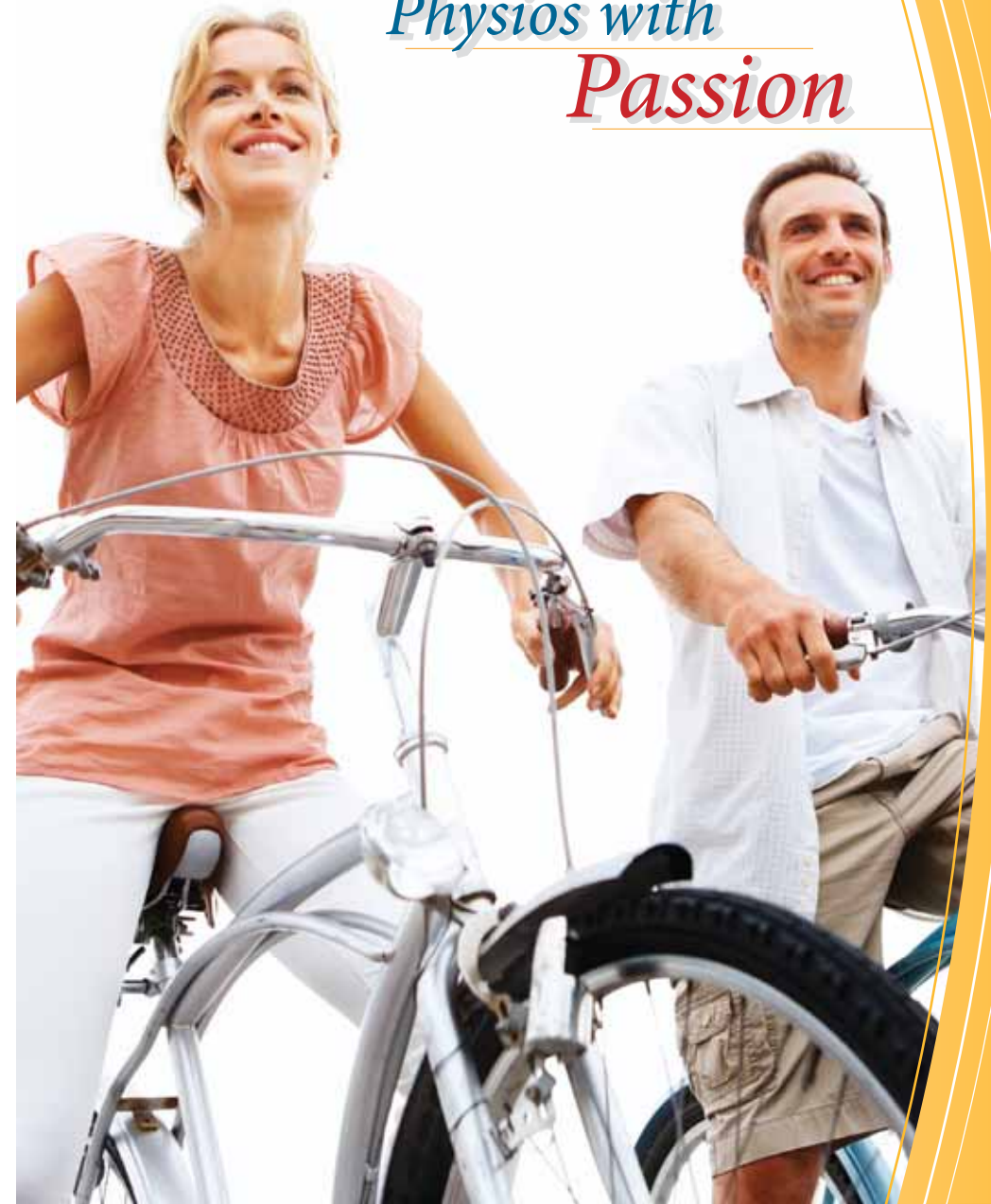




Physios with Passion



Work Place Health Promotion

The goal of Physio Asia's workplace health and ergonomics is to prevent injuries, educate, and maximize employee's effectiveness while on the job. We educate the employees on safe task performances such as proper lifting techniques, proper work station set up, exercises and ways to prevent repetitive strain injuries, and other assessments and education based activities to promote a healthy workplace and avoid on-the-job injuries.

Nursing home/ Hospice Rehab

Our therapists also provide physiotherapy for the day care patients or the inpatients in these organizations. We work based on the requirements of respective facilities. Physiotherapists will tailor the rehab needs for each patient after doing a thorough assessment of their condition and set goals accordingly to foster independence and improve their quality of life.

Back Care Classes

At Physio Asia we conduct group classes, for back strengthening and general fitness for clients grouped after assessing their specific needs and goals.

Personalised Fitness Programs

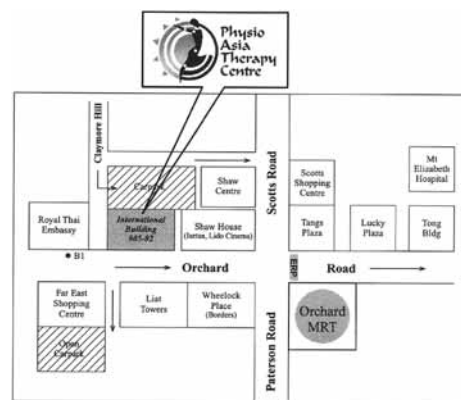
Our physiotherapists can design programs for all fitness levels, for working out anywhere (home or gym or office) and for use with a variety of exercise equipment or even no equipment. The exercises are based on your individual profile (including age, exercise history, fitness level, goals, available equipment, medical history).

LOCATION

Located within walking distance from Orchard MRT and the Bus Stop is in front of Royal Thai Embassy.

Bus No's : 7, 36, 77,105,106,111,132 and 502

Car Park : Free parking for the 1st hour



● B1 - Bus Stop 7, 105, 106, 111, 123

▨ Carparks

Physio Asia Therapy Centre

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Singapore 238869

Phone : (65) 6736 4142

Fax : (65) 6736 1128

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PHYSIO ASIA THERAPY CENTRE

was established in Feb. 2006 with the aim of providing comprehensive treatment programs in physiotherapy and rehabilitation.

OUR MISSION

We strive to provide efficient and effective physiotherapy services utilizing the latest technology and evidence based clinical practice.

Our Objectives

Our aim is to achieve your highest level of physical functioning and well being by assessment of your condition and planning a program to help you return to an active lifestyle through the following approaches:

- Pain management
- Improving function and mobility
- Muscular Re-education
- Sports performance enhancement
- Neuro-muscular balance & coordination

Services Available:

Out Patients Care

Our Key Out Patient Care Services:

Scores Backcare Program

Scores back care program is designed for those suffering from chronic, debilitating low back or neck pain.

This comprehensive program includes advanced technology, proprietary protocols, advanced therapy techniques. It is specially designed for assessment as well as active core and neck muscle strengthening and lumbar spine stabilization.

Incontinence Care Program

Solution to weak pelvic floor muscles is easy if you know how to manage it right and train it consistently everyday. Physio Asia uses latest technology like RTUI and EMG bio-feedback to help to reduce the incontinence.

Physioasia Team

Our Physiotherapists combine a thoroughly professional treatment approach with friendly and caring encouragement and advice. Each Physio has many years of experience and within this may have taken extra trainings to become a specialist in specific conditions.

Physiotherapy For Orthopaedic Conditions

- Musculo-skeletal injuries, with pain, swelling and loss of movement.
- Back and Neck Pain
- Sports injuries – sprains and strains
- Arthritis
- Post operative mobilisation and strengthening

Neuro – Rehabilitation

We provide multi-disciplinary rehab program for:

- Stroke
- Coordination or Balance problems

Specialised Technology and Techniques

Shockwave Radial Therapy is a non invasive treatment aimed at pain reduction, increasing metabolism, increasing the circulation and restoring a normalised muscle tone. It is very effective in tissues/ muscles with trigger point or/and increased tension.

Spinal Decompression Therapy Or Decompression Of Choice is a specialised treatment targeting disc herniation or prolapsed disc utilizing the DOC / DTS Systems (USA) to create negative intradiscal pressure and to relieve the symptoms of herniation. It can be used for tractions with side flexion or axial rotation positions.

Manual Therapy and Mobilisation is hands-on treatment designed to restore joint movement, power, and range of motion.

Real Time Ultrasound Imaging (RTUS) involves the use of soundwaves to produce a picture of muscles and tissues on the screen while performing exercises.

This is particularly of value when examining or training the deep muscles of the trunk (the Core or the Inner Unit) and the pelvic floor, as they are located under the other layers of muscle and are difficult or inconvenient to feel directly.

Achievo Pressure Bio-feedback System (APBS) provides an audio- visual indication of whether you are working the correct postural muscles, in the right manner, when performing specific core exercises.

Other Treatment Modalities Available

- Ultrasound
- Short wave Diathermy
- Laser
- Interferential therapy/ T.E.N.S
- Wax bath
- Continuous Passive Movement (CPM)
- Ergo style mobilisation table
- Pneumex Unweighting system
- Win plate-vibratory Unit
- Exercises with gym balls and bands



Home Rehabilitation Care

For patients who need rehabilitation services at the comfort of their home, Physio Asia therapists provide excellent home care program for patients with orthopedic, stroke and respiratory problems. We do have portable equipment like ultrasound, electrical stimulators, CPM for knee mobilisation, etc. available for home care clients.