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In Press, Journal Pre-proof [What's this?](#)



The effectiveness of Neuromuscular Spinal Manipulation- An updated systematic review and meta-analysis

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Two more Publications!

In the past three months, our has two more new scientific publications. The two research projects were collaborative work with Singapore Institute of Technology, the Hong Kong Polytechnic University and the University of Iowa.

Our research results indicate:

1. High GRADE recommendation supports Neuromuscular Spinal Manipulation significantly enhances short-term isometric muscle strength in asymptomatic individuals

2. Significantly longer smartphone use and less exercise were found in Singaporen with neck and shoulder pain and the pain intensity significantly correlates with age and BMI.

Open Access Article

A Cross-Sectional Study Exploring the Relationship between Work-Related, Lifestyle Factors and Non-Specific Neck and Shoulder Pain in a Southeast Asian Population

by Chi Ngai Lo^{1,*} , Victoria Yu En Teo², Nur Farah Ain Binte Abdul Manaff², Tessa Chu-Yu Seow², Karthik Subramanya Harve² and Bernard Pui Lam Leung^{2,*}

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HOME THERAPY WEBINAR

Date: Wednesday, 23 Oct 2024
Time: 7:30 PM – 9:30PM
Audience: Registered physiotherapists and physiotherapy students.
Fee: \$10 per person
Speaker: Mr Max Su, expert home therapist in Taiwan

Topics covered
Part 1: Clinical Experience of home therapy in Taiwan.
Part 2: Operation of a home therapy provider in Taiwan.

Family Care Physiotherapy Clinic

Home Therapy Webinar in collaboration with Mr Max Su!

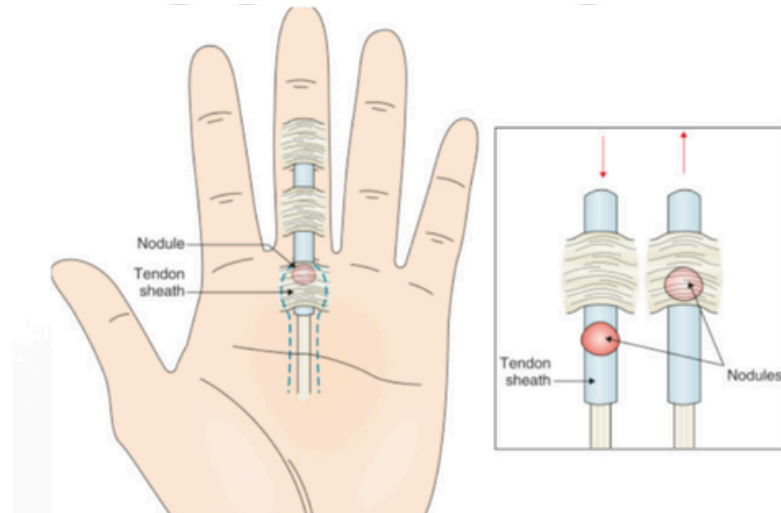
We are excited to announce an upcoming CPE webinar in collaboration with Mr. Max Su, an expert physiotherapist in home service and clinic director based in Taiwan.

This Webinar is open to all registered physiotherapists, allied health professionals and physiotherapy students.

Clinical Corner

Trigger finger is one of the most common causes of hand disability and the role of hand and wrist physiotherapy has proven to be effective in managing this condition. Multiple physiotherapeutic interventions such as splinting, electrotherapy, manual therapy and therapeutic/activation exercises have proven to be effective. At the inflammatory phase, the use of a wrist guard is crucial in protecting the A1 Pulley and flexor tendon from further inflammation.

To further enhance tissue healing and pain reduction, the use of electrotherapy such as Extracorporeal Shockwave Therapy and Ultrasound therapy are suggested which are made available in our clinic. Manual therapy such as joint mobilization, tendon and nerve gliding are the manual techniques that have proven to be effective in increasing the mobility of the interphalangeal joint and for pain relief. Lastly, activation exercises like wrist stabilisation exercises, and grip strengthening exercises are required to prevent the recurrence of the trigger finger.



A new member to the team!

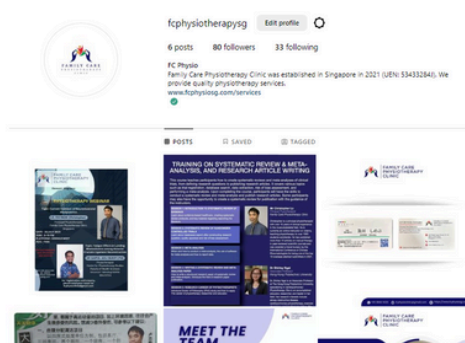
As we approach the end of the year, we are excited to welcome Ms. Shirley from NTUC Hub, who will be joining us as physiotherapy assistant intern. We look forward to the valuable contributions she will bring to our clinic during her time with us!



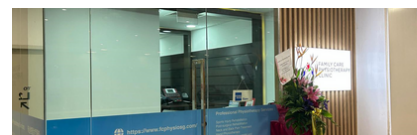
INSTAGRAM

@fcphysiotherapysg

Are you following us on Instagram yet? Our page is the go-to source for the latest updates and behind-the-scenes content.



ABOUT US



Our Physiotherapy Clinic was established in August 2021 and has been providing physiotherapy services for diverse conditions.

Get in touch with us!



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