



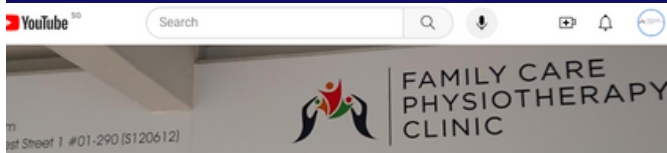
MASTERCLASS

Our physiotherapist, Mr. Christopher, is invited by Universiti Teknologi Mara (Malaysia) to deliver an intriguing Evidence-Based Masterclass on the Shoulder Complex in Nov.

Mr. Lo will share the latest research conducted by his research partners and clinical skills with colleagues in Kuala Lumpur.

2 YEAR ANNIVERSARY!

It's been 2 years since the opening of this clinic in August 2021. We're grateful for the trust and support from our collaborating doctors, patients, supporting colleagues in the profession, and the dedication of our exceptional team. Here's to two years of health and healing, with many more to come.



OUR YOUTUBE CHANNEL!

Besides our clinic, our YouTube channel is also 2 years old in 2023.

In our channel, you can find useful videos of Exercise Bank and Clinical Cantonese lessons.

Subscribe for our latest videos.

MEET MR WONG WEE YONG, OUR NEW SENIOR PHYSIOTHERAPIST!

Qualification:

Bachelor Degree in Physiotherapy with Honours, The National University of Malaysia 2018

Clinical Experience :

5 years of clinical experience in restructured and Community Hospitals.

Orthopaedic post-operation rehabilitation

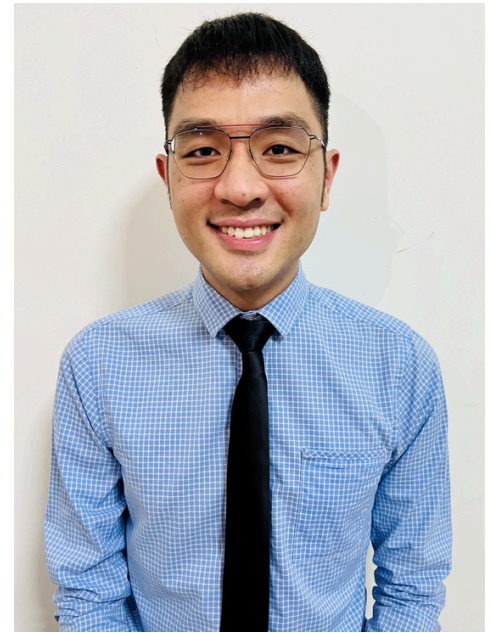
Musculoskeletal Rehabilitation

Neurology Rehabilitation – Stroke, Parkinson disease

Cardiology and Pulmonary Rehabilitation (Bypass and Coronary Angioplasty)

Intensive Care Unit Rehabilitation

Post Covid-19 care Rehabilitation



Mr Wong will be available for physiotherapy services at our clinic from Sep 2023



ON THE STRAITS TIMES

Firms should embrace elder-friendly smart services

An article written by our physiotherapist Mr Christopher that denotes the importance of making technological advancements that cater to our aging demographic. The article highlights the challenges the elderly may face at their golden age and how it is vital to address these issues for a more inclusive society.

CLINICAL CORNER

How Physiotherapy Eases Temporomandibular Dysfunction

Temporomandibular dysfunction (TMD) can lead to jaw pain, headaches, and restricted movement. Stress and biting disorders can increase the tension of the lateral pterygoid muscle, which directly or indirectly attaches to the articulating cartilage of the jaw. Excessive and asymmetric tension in the lateral pterygoid muscles is often the primary cause of TMD.

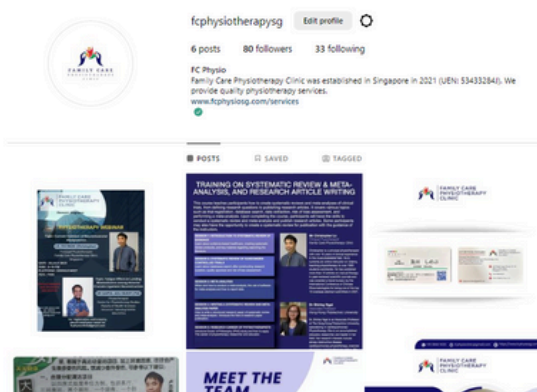
With a primary focus on normalizing lateral pterygoid muscle tension, physiotherapists employ manual therapy to reduce tension in the chewing muscles and tailor exercises to normalize jaw chewing force. A growing body of research evidence consistently shows that physiotherapy is effective in reducing pain and restoring jaw movements in patients with TMD.



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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