

NEWSLETTER JULY 2024

ISSUE 11



FAMILY CARE
PHYSIOTHERAPY
CLINIC



Top News

New Panel with Make Health Connect (MHC) !

We joined Dr Anywhere (DA) to better facilitate client payment !

3-Year Anniversary this coming August!!

We're excited to share that our clinic has reached a significant milestone, celebrating over three years of delivering physiotherapy services!

During this time, our dedicated team has not only maintained our standard of excellence but also expanded our offerings to better serve you.

Thank you for choosing us as your physiotherapy service provider!



Its been 3 years!



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01/04



>>> WE HAVE JOINED NEW PANELS!

Wonderful news! We have joined the Make Health Connect (MHC) panel as well as Doctor Anywhere to improve our referrals and billing for clients!



Original Paper

Biomedical Human Kinetics, 16, 173–181

DOI: 10.2478/bhk-2018-0001

Effects of the FIFA 11+ injury prevention programme on muscle strength and landing biomechanical markers of ACL injury during fatigue among youth soccer players

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Noor Izzati Azhar¹ , Mohd Azrul Anuar Zolkafi³ , Chi Ngai Lo⁴ , Haidzir Manaf¹

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New Publication!

We are excited to share a recent publication by our Principal Physiotherapist, Christopher Lo, in Biomedical Human Kinetics! The paper is titled "Effects of the FIFA 11+ Injury Prevention Programme on Muscle Strength and Landing Biomechanical Markers of ACL Injury During Fatigue Among Youth Soccer Players." in collaboration with esteemed colleagues from Universiti Teknologi MARA and Universiti Pendidikan Sultan Idris in Malaysia.



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02/04

Meet Our Team

Mr. Christopher Lo Principal Physiotherapist

Our journey has been challenging, involving not only clinical work but also operational, administrative tasks, and a strong commitment to research and education. Despite the challenges, the experience has been deeply rewarding.

First and foremost, our clinic has maintained a stellar reputation for quality service, a testament to our dedicated team. We have expanded our staff, fostering a comfortable work environment.



Additionally, we have been approved as a Continuous Professional Education (CPE) provider by the AHPC. For the past two years, we have offered ongoing clinical training for our profession. Our commitment to advancing physiotherapy has also been reflected in the publication of five research articles in collaboration with various universities. Furthermore, I was recently approved as an Associate Member of the International Acupuncture Association of Physical Therapists (IAAPT). Looking ahead, I am excited to further enhance our clinical services, research collaborations, and continue providing top-notch professional education.

Mr. Wong Wee Yong Senior Physiotherapist

Being part of the Family Care Physiotherapy Clinic team has truly been a blessing. The comprehensive and precise guidance in clinical skills, coupled with strong clinical and management support, underscores our commitment to excellence. Personally, the management provided me with the opportunity to conduct my first CPE online webinar on Physiotherapy Clinical Reasoning. This event has significantly boosted my confidence and has inspired me to pursue a coaching role in the future. I am deeply grateful for the management's guidance on this path. Lastly, I would like to express my heartfelt congratulations to Family Care Physiotherapy Clinic on achieving the milestone of our third anniversary.



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03/04



Ms. Angela Min Clinic Manager

This is Angela, the Clinic Manager at Family Care Physiotherapy Clinic. I'm thrilled to announce that as of July 2023, our clinic has relocated to a new home at West Coast Plaza shopping mall. Over the past years, our team has expanded from the initial two to now four dedicated members, enhancing the quality of care we provide. We are also excited to share that we have recently joined two new panels, DA Adept Health and MHC Medical Network, and have partnered with The Anvil Group International for direct billing. These additions enable us to offer our patients a broader range of payment options and improved services, including outpatient and home physiotherapy services, as well as new outreach and continuous professional education services. We look forward to continuing our growth and achieving more success in the coming years.

Ms. Ashwini Clinic Assistant

Hello, this is Ashwini. I am a part-time clinic assistant at Family Care Physiotherapy Clinic and a Diagnostic Radiography student at the Singapore Institute of Technology. Over the past year, I have had the pleasure of working with Chris, Angela, and Wee Yong, witnessing the clinic's growth and its relocation from Block 612 Clementi West to West Coast Plaza.

This role has provided me with invaluable experience in patient management and has greatly enhanced my communication skills. Additionally, the clinic's welcoming ambience makes it a joy to work here, and Chris's constant encouragement for continuous development has allowed me to acquire new skills, such as video editing and content creation. It has been a true pleasure working here, and I look forward to achieving even more success with the team in the years to come.



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04/04