

# New Publications in 2025!



FAMILY CARE  
PHYSIOTHERAPY  
CLINIC

Our clinic has another two manuscripts published in early 2025:

**Managing Migraine Triggered by Shockwave Therapy** We reported the first documented case of a migraine triggered by noise from extracorporeal shockwave therapy (ESWT). This study emphasizes the importance of sound protection measures during ESWT treatments.

**Mindfulness and Impulsivity: A Systematic Review** Our systematic review confirms mindfulness meditation's effectiveness in reducing impulsivity from 52 studies.

Research publications reflect our continued commitment to a leading standard in the profession and advancing clinical practices.



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

## Journal of Bodywork & Movement Therapies

journal homepage: [www.elsevier.com/jbmt](http://www.elsevier.com/jbmt)



## Possible noise associated migraine with extracorporeal shockwave therapy: A case report on managing degenerative patellofemoral joint pain

Chi Ngai Lo<sup>a,\*</sup>, Saiful Adli Bukry<sup>b</sup>, Shirley Pui Ching Ngai<sup>c</sup>

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<sup>b</sup> Centre for Physiotherapy Studies, Faculty of Health Sciences, Universiti Teknologi MARA Selangor, Malaysia

<sup>c</sup> Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong SAR China

Systematic review

January 15, 2025

## Effects of mindfulness meditation on human impulsivity: a systematic review and meta-analysis

Eric W. Tsang [1], Junling Gao [2], Chi Ngai Lo [3], Nicholas T. Trapp [1,4], Aaron D. Boes [1,4,5,6], Hinhung Sik\* [2]

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## SPORTS CONCUSSION GUIDE

Think Safe. Play Safe. Stay Safe.

**Sport**  
SINGAPORE

LIVE BETTER THROUGH SPORT

## Sports Concussion Guide - Sport Singapore

A new local Concussion Guideline has just been released, it was developed by Sport Singapore in collaboration with Dr Cheah Si Oon from Urgent Care Clinic International. This guideline emphasizes a structured approach to concussion prevention, early recognition, safe recovery, and return-to-play protocols.

It will be a useful reference for our profession to apply in clinical practice.

## Upcoming CPE Webinar!

In April, we're hosting a webinar on integrating Traditional Chinese Medicine with Physiotherapy in modern healthcare, in collaboration with Mr. Chow Tsz Ho George, a Chinese medicine practitioner and physiotherapist.

All healthcare professionals are welcomed to join! This Webinar will be conducted in English.



**FAMILY CARE  
PHYSIOTHERAPY  
CLINIC**

**Integrating Traditional Chinese  
Medicine and Physiotherapy in  
Modern Healthcare**

**Online Webinar (English)**

Fees: \$15  
Capacity : 30  
For all healthcare professionals

For registration, please email to  
fcphysioclinic@gmail.com or  
Whatsapp 98405033 with your  
full name.



**WEBNESDAY, 23 APRIL  
7PM-9PM**

**CPE ref: AHPC20250205-1A-0011**  
Proof of Attendance will be  
provided for CPE claim

Speaker

**CHOW TSZ HO  
GEORGE**

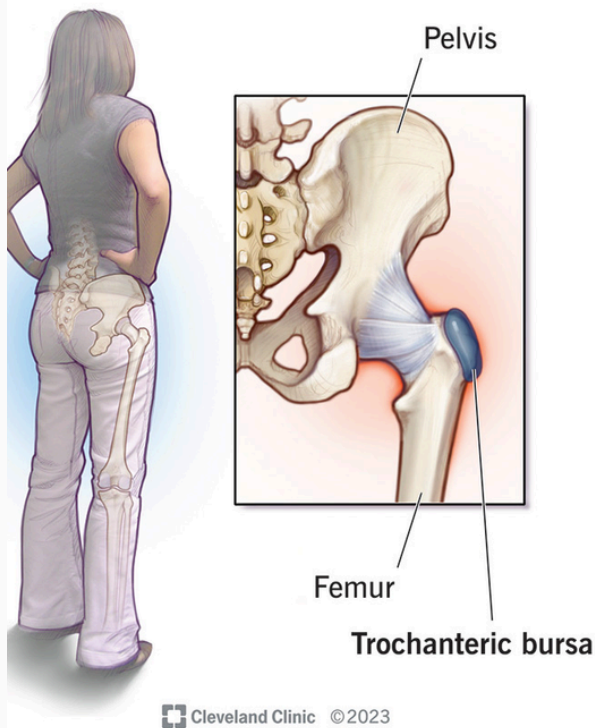
Hong Kong Registered  
Chinese Medicine Practitioner  
and  
Physiotherapist



**Let's Join**



## Trochanteric bursitis



## CLINICAL CORNER

Hip bursitis occurs often in active individuals or those who engage in repetitive, eccentric movements with large range of hip movements i.e. squatting. Physiotherapy plays a crucial role in managing hip bursitis by reducing pain, improving mobility, and strengthening the hip muscles to prevent recurrence.

A physiotherapist may use manual therapy techniques, such as passive joint mobilization and soft tissue release, to ease pain and enhance hip range. Electrotherapy is used to apply on the inflamed bursae to reduce the inflammation and facilitate bursae healing and thus alleviate pain.

Gradual muscle activation exercises for the gluteal muscles, hip abductors, and core stabilizers are essential to provide support to the hip joint in alignment and prevent further injury. In addition to exercises, physiotherapists can educate patients on maintaining proper posture and ergonomics during daily activities to minimize strain on the hip.

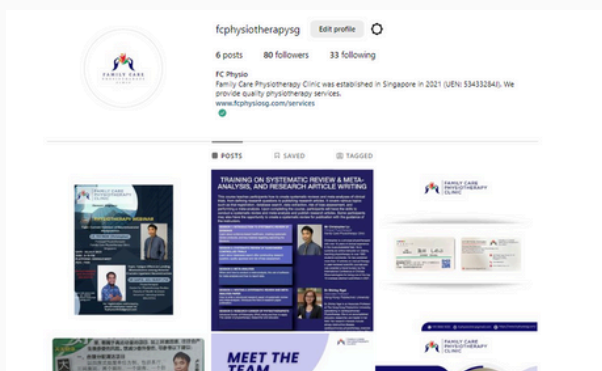
**BY**

**Wong Wee Yong - Senior Physiotherapist**

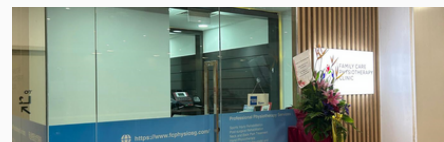
## INSTAGRAM

@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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