



WORLD PHYSIOTHERAPY CONGRESS TOKYO, JAPAN

Our Principal Physiotherapist Chris has contributed an Idobata session on Application of AI in Physiotherapy Research on 31 May 2025.

Physiotherapists around the world have provided many insightful ideas regarding the application of AI in clinical and research practice.

LATEST PUBLICATION COVER ARTICLE IN SPORTS

Being selected as the cover story among 33 published articles in the same issue!

We are proud to share that our systematic review and meta-analysis on "Exercise and Inflammation in Musculoskeletal Pain" has been featured as the cover article of the Sports Journal (Volume 13, Issue 6, June 2025).

This review analyzed 23 RCTs involving over 1,100 participants and revealed that exercise, especially isokinetic training, significantly reduces systemic inflammation markers like CRP, IL-6, and TNF- α .

Lo CN, Wong NEJW, Ho S, Ang EJH, Leung BPL. Evaluating the Effects of Exercise on Inflammation Markers in Musculoskeletal Pain: A Systematic Review and Meta-Analysis. Sports. 2025; 13(6):168.



Exercise and Inflammation in Musculoskeletal Pain: A Systematic Review

Sports, Volume 13, Issue 6 (June 2025)

Thank you for publishing your article in Volume 13, Issue 6 of Sports. To continue receiving issue release notifications of the journal in future, please click [here](#).

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Highlights

Read our recent reviews collection [here](#).

Read our Editor's Choice Articles [here](#), which have been selected based on recommendations by the scientific editors of MDPI journals from around the world.

Read our Most Cited & Viewed papers [here](#).



FAMILY CARE
PHYSIOTHERAPY
CLINIC

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NOVATION OF CLINIC

From 1 June 2025, Family Care Physiotherapy Clinic has novated to Family Care Physio Clinic Pte Ltd (UEN: 202514593K)

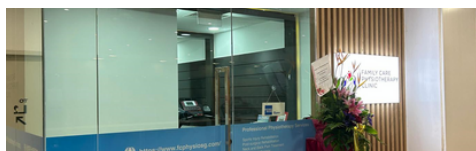
THANK YOU MR WONG WEE YONG

Our senior physiotherapist, Mr Wong Wee Yong will finish his full-time service at our clinic by July 2025

Thank you for his service over the previous years and wish him all the best.



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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