



PROFESSIONAL TRAINING AND PUBLIC EDUCATION

We have successfully conducted a 2 days professional training course 'The Evidence-Based Master Class: Shoulder Complex' Workshop with Universiti Teknologi MARA, Malaysia from 15th to 16th of November for physiotherapy colleagues in Malaysia.

INTERNATIONAL CONFERENCE

In conjunction of International Conference of Chinese Rheumatologist (ICCR 2023) 25-26 Nov Hong Kong, our principal physiotherapist-Chris, had successfully delivered his knowledge and research on non-specific neck and shoulder pain in Singapore population to the audience.



WE HAVE BROADEN OUR PHYSIOTHERAPY SERVICES!

Good news! As we know, Physiotherapy treatment has been essential in the healthcare setting, however, due to the limited awareness, reaching out to physiotherapy services are quite challenging. Hence our clinic has extended our physiotherapy services especially in neurological rehabilitation such as stroke and brain injury. We understand that some clients may have transportation issue reaching to us, rest assured that we do provide home visit at your convenience with no additional charges including GST. Do visit our website for further information.

NEW RESEARCH ARTICLE!

Impact of ankle taping on dynamic balance and functional performance following fatigue simulation in elite youth soccer players with chronic ankle instability.

- Source: Journal of Physical Education & Sport . Oct2023, Vol. 23 Issue 10, p2610-2619. 10p.
- Author(s): AZHAR, NOOR IZZATI; MANAF, HAIDZIR; KAMSAN, SITI SALWANA; LO, CHI NGAI; JUSTINE, MARIA; BUKRY, SAIFUL ADLI

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CLINICAL CORNER – RHEUMATIC CONDITIONS

Rheumatic condition is an umbrella term used to cover the chronic autoimmune diseases. The most common rheumatic conditions are Rheumatoid Arthritis, axial spondyloarthritis, Systemic Lupus Erythematosus and Gout. Rheumatic conditions is characterized by chronic autoimmune disease that causes inflammation on the joints. The common sign and symptoms are joint stiffness, muscle tightness, warmth on the joints, or joint swelling.

On top of first line medical treatment, specific physiotherapy programme can educate patients to protect their joints in daily activities, regular the immune system through specific loading exercise and mobilize the neural tissue to reduce neurogenic inflammation.