



New Team Member!

Welcome to the team, Kai Ling!

Kai Ling holds a Diploma in Physiotherapy from Nanyang Polytechnic and a Bachelor of Science (Honours) in Physiotherapy from the Trinity College Dublin–Singapore Institute of Technology programme. With over 10 years of clinical experience managing a wide range of musculoskeletal conditions, she provides comprehensive, patient-centred care tailored to individual needs. We are excited to welcome her to the team and look forward to the expertise she brings to our patients.

WOMENX Sanitary Pads! Now available at Our Clinic!

We are pleased to collaborate with WOMENX Biotech Ltd. (Hong Kong) to offer Pad-Pro sanitary pads at Family Care Physiotherapy Clinic. Featuring anti-backflow technology that reduces up to 99.9% of bacterial backflow, Pad-Pro helps keep users fresh, dry, and confident, and is especially suitable for women prone to UTI or BV.

Pad-Pro is now available at our clinic at **SGD 6.50 per box**. Please reach out to our Manager, Angela, for more information.





Chinese New Year Greetings

Welcoming the Year of the Horse

As we step into the Year of the Horse, all of us at Family Care Physio Clinic would like to wish you and your loved ones a healthy, active, and prosperous New Year. The Year of the Horse symbolizes energy, strength, and forward movement—values that align closely with our mission to help you be stronger and stay active in daily life.

Please note that our clinic will be closed on 17 and 18 February in celebration of the Chinese New Year public holidays. We remain normal operating hours on the other days.

From all of us at Family Care Physio Clinic, we wish you a Happy and Healthy New Year!





Clinical Corner - Preventing Domestic Injuries During Chinese New Year

Chinese New Year is a joyful time filled with house cleaning, decorations, shopping, and family gatherings. However, the festive preparations can also increase the risk of domestic injuries, especially to the back, shoulders, and knees.

Many people tend to:

- Do excessive house cleaning within a short period
- Perform heavy lifting of furniture or boxes
- Work for long hours with insufficient rest
- Overreach or climb without proper tools
- Use poor lifting techniques or awkward postures



These activities can lead to muscle strains, joint irritation, or flare-ups of existing conditions.

Simple Tips to Stay Safe

- Break tasks into smaller sessions instead of doing everything in one day
- Use proper tools such as step stools or trolleys
- Keep items close to your body when lifting
- Take regular rest breaks
- Ask for help when moving heavy objects

If you experience pain or discomfort that persists for more than one week, it is advisable to seek early consultation with a doctor or physiotherapist. Early management can prevent the condition from worsening and help you return to normal activities faster.

Wishing everyone a safe, active, and injury-free festive season.