

Know more about Physiotherapy Singapore @ Physioasia.com



Singapore, May 5, 2020 ([IssueWire.com](https://www.issuewire.com)) - Physiotherapy is a healthcare service which can help with remediate physical injuries, impairments and disabilities through physical intervention which is carried out by a professionally trained physiotherapist. Physio Asia Therapy Centre offers comprehensive treatment programs in Physiotherapy and Rehabilitation. The team makes use of a 3-step approach in their treatment methodology: Analysis – Treatment – Prevention.

The Physio Asia Therapy Centre strives to uphold its high service standards, leveraging on the use of the latest technology and non-surgical treatments proven by research to aid its patients to get back to full recovery quickly.

One of the many happy patients at Physio Asia Therapy Centre, J Lynn says, “Physiotherapists at Physio Asia are very helpful; the treatments are effective and appointments were prompt enough.”

Some of the most popular physiotherapy services offered at Physio Asia Therapy Centre include Outpatient Physiotherapy, Women’s Health Physiotherapy, Home-Based Physiotherapy, Modalities and Exercise Classes.

Physio Asia Therapy Centre works on Mission “We strive to provide efficient and effective Physiotherapy services while utilizing the latest technology and evidence-based clinical practices.”

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Moreover, the objectives of Physio Asia Therapy Centre are to achieve your highest level of physical functioning and well-being by assessing your condition and planning a program to help you return to an active lifestyle through the following approaches that includes:

- Pain Management
- Improve Function and Mobility
- Muscular Re-Education
- Sports Performance Enhancement
- Neuro-Muscular Balance and Coordination

Physio Asia Therapy Centre offers a number of treatments which are adapted for each individual patient. They are able to provide varied therapy techniques which involve the physiotherapist massaging or manipulating parts of the body. This will help to increase blood flow to problem areas while also helping to relieve muscle pain and stiffness. Physiotherapists may also provide movement and exercise regimes for individuals who have physical problems. They will take into account the age and health levels of the individual to create a tailored plan that is suited to the individual's needs.

Outpatient Physiotherapy

At Physio Asia Therapy Centre Outpatient Physiotherapy includes Running/ walking injury assessment, dry needling, and Pain relief. At Physio Asia, the team provides you relief from both your chronic and acute pain using both the electrical modalities and manual therapy for the conditions such as Musculo-Skeletal Injuries, Back and Neck Pain, Sports Injuries – Sprains and Strains, Frozen Shoulder and Arthritis.

About Physio Asia Therapy Centre:

Physio Asia Therapy Centre – established since 2006, is the first Physiotherapy clinic in Singapore to win the Singapore Prestige Brand Award 2012. They offer comprehensive treatment programs in Physiotherapy and Rehabilitation.

For more information about [Physiotherapy Singapore](https://physioasia.com) visit here: <https://physioasia.com>

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Source : Physio Asia Therapy Centre

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