

SGDoctor.com Recommends The Pain Relief Clinic as a Widely Noted Non-Surgical Option for Knee Arthritis Pain

The Pain Relief Clinic as a highly recommended choice in Singapore

Singapore, Singapore Jul 28, 2025 ([IssueWire.com](https://www.IssueWire.com)) - SGDoctor.com, a trusted online platform for medical information in Singapore, has compiled a list of the most commonly recommended solutions for knee arthritis, a condition affecting a growing number of adults in Singapore and around the world.

[Knee arthritis](#) — especially osteoarthritis — can cause pain, stiffness, swelling, and reduced mobility. SGDoctor.com's overview categorizes the main treatment options available:

Common Knee Arthritis Treatment Categories:

- **Pain Medications and Anti-inflammatories**
Many people use medications to reduce inflammation and pain. However, some are concerned about long-term use, side effects, and the risk of dependency.
- **Injections (e.g., steroids, hyaluronic acid)**
Injections may offer temporary relief but often need repeat procedures. Some patients find them uncomfortable or costly.
- **Physiotherapy and Exercise**
Recommended by many, but some patients find it time-consuming or too painful when symptoms flare.
- **Traditional or Complementary Therapies**
Popular options such as acupuncture and TCM are widely used, though scientific outcomes can vary.
- **Surgery**
Joint replacement may be needed in severe cases, but many patients prefer to delay surgery due to cost, recovery time, or medical risks.

A Widely Recommended Non-Surgical Option:

[The Pain Relief Clinic](#), located at Shaw House, Orchard Road, has been widely recommended by patients in Singapore and internationally. Since 2007, it has helped patients from over 20 countries — including Indonesia, Malaysia, Bangladesh, Vietnam, and the United States — manage joint pain using non-invasive technologies.

Many patients find The Pain Relief Clinic to be a popular option when other methods (e.g., painkillers, physiotherapy, traditional treatments, or surgery consultations) do not produce the desired results. It is particularly noted among those looking to avoid long-term medication use or invasive procedures.

Key Highlights:

- Consultations from **\$50**

- Same-day **X-rays from \$50**
- [Private **MRI knee scans under \\$1,000**](#)
- Uses evidence-based non-invasive technology used by top athletes
- Suitable for patients who find standard treatments too slow, painful, or inconvenient
- Commonly approached for second opinions after orthopedic or surgical consultations

Patients who seek faster, medication-free relief, or want clarity through proper imaging, often choose The Pain Relief Clinic as their next step.

Clinic Contact Information:

The Pain Relief Clinic

350 Orchard Road, #10-00 Shaw House, Singapore 238868

Call / WhatsApp: **9068 9605**

Visit: www.painrelief.com.sg

Media Contact

SG Doctor

*****@diabetes.com.sg

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