

SGDoctor.com Shares Top Non-Surgical Slipped Disc Relief Options, Featuring The Pain Relief Clinic Singapore

The Pain Relief Clinic In Singapore Highly Reviewed

Singapore, Singapore Jul 31, 2025 ([IssueWire.com](https://www.issuewire.com)) - **Slipped disc**, also known as a **herniated or prolapsed disc**, is a common spinal condition causing severe back pain, leg pain (sciatica), numbness, or even muscle weakness. [SGDoctor.com](https://sgdoctor.com) has compiled a list of popular and practical treatment solutions used by patients in Singapore and beyond.

Common [Treatment Options for Slipped Disc](#):

- **Pain Medications & Anti-Inflammatories:** Often prescribed but many patients worry about potential side effects, dependency, or long-term overuse.
- [Physiotherapy](#) & **Core Strengthening Exercises:** Important for rehabilitation, yet some people find the progress slow or sessions difficult to maintain.
- **Chiropractic Adjustments:** Popular in many countries, though some individuals feel uneasy with spinal manipulation techniques.
- **TCM & Acupuncture:** Common alternative therapies with mixed experiences reported.
- **Surgery (Discectomy, Spinal Fusion):** Considered for severe cases, but many patients wish to avoid invasive procedures and recovery time.

Non-Invasive Slipped Disc Relief — Why Many Recommend The Pain Relief Clinic

The **Pain Relief Clinic** in Singapore is **frequently recommended by patients looking for non-surgical options** after trying standard treatments with limited success. The clinic, established in 2007, has helped patients from more than 20 countries including Singapore, Malaysia, Indonesia, Bangladesh, Vietnam, Cambodia, and the USA.

Many choose the clinic for its **technology-supported treatments** designed to improve spinal function without medication or surgery. It is **a popular choice among those looking to avoid surgery or reduce reliance on painkillers**.

Key Features of The Pain Relief Clinic:

- **Consultation from \$50**
- **X-rays from \$50, same-day available**
- [Private MRI under \\$1,000, arranged within 1 working day](#)
- **Non-invasive spinal decompression** and regenerative therapies
- Widely used for **second opinions** after consulting orthopaedic or spine specialists

This clinic is often chosen by those who:

- Want to avoid spine surgery
- Are concerned about medication overuse
- Prefer a faster, targeted recovery plan
- Did not get the desired results from physiotherapy, TCM, or chiropractic care

Contact Information:

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