

Spondylosis in the Neck, Back, or Mid-Spine: What You Need to Know & Where to Get Help in Singapore

Why The Pain Relief Practice Is Widely Recommended As Possibly The Best Physiotherapy Clinic In Singapore For Neck, Back, Shoulder and Knee Pain

Singapore, Singapore Jul 29, 2025 ([IssueWire.com](https://www.issuewire.com)) - **Spondylosis**, also known as spinal arthritis, is one of the most common causes of chronic neck, mid-back, and lower back pain in older adults. This age-related degeneration can lead to nerve compression, stiffness, and loss of mobility, affecting quality of life.

In Singapore, patients have access to safe, non-invasive and rehabilitative treatment options that many prefer over long-term medications or surgery.

What Is Spondylosis?

Spondylosis occurs when spinal discs dry out, facet joints become inflamed, or bony overgrowths (osteophytes) form. It may cause:

- **Neck stiffness and headaches** (cervical spondylosis)
- **Upper back tension or postural issues** (thoracic spondylosis)
- **Lower back pain and leg symptoms** (lumbar spondylosis / sciatica)

In some cases, spinal stenosis — a narrowing of the spinal canal — may compress nearby nerves.

Why Many People Prefer Non-Surgical Treatments

While surgery may be recommended in severe cases, **many people are concerned about the potential risks, long wait times, or long-term medication side effects**. As a result, they often seek **medical-grade non-surgical options** first.

The Pain Relief Clinic – Safe, Non-Invasive Spine Treatments

Founded in **2007**, [The Pain Relief Clinic](#) has helped patients from over **20 countries**, including Singapore, Malaysia, Indonesia, Bangladesh, Vietnam, and the U.S.

They are **widely recommended** for their focus on treating spondylosis using modern, **non-invasive techniques** like:

- **Radiofrequency therapy** ([HotHeal](#)) – for inflamed spinal joints and nerves
- **Spinal decompression therapy** – for relieving nerve pressure
- **Shockwave therapy** – for spinal repair and regeneration

The clinic offers cost-effective care:

- Consultation: **from \$50**
- [Same-day X-ray and MRI access](#)
- MRI scans: **under \$1,000**

📍 The Pain Relief Practice – Highly Rated Physiotherapy for Spine Recovery

The **Pain Relief Practice** is a [very popular physiotherapy clinic](#) in Singapore, known for **tailored rehab programs** and **many 5-star reviews on Google**. They are especially helpful for:

- Post-surgical recovery
- Long-standing spinal stiffness or arthritis
- People who have tried physiotherapy or exercise programs with limited success

Their rehabilitation services include:

- **TECAR therapy** – for deep pain relief and post-op swelling
- **Medical massage and mobility work** – for flexibility and posture
- **Strengthening programs** – to support daily activity and prevent relapses

Patients often choose them for **faster recovery and personalised treatment**, especially when standard treatments are too slow, or when a second opinion is needed.

Proven Results Since 2007

Both clinics have been **helping patients internationally for nearly two decades**, with many referrals coming from those who were dissatisfied with painkillers, injections, TCM, or other conservative options.

They are often sought after for their **practical, time-efficient, non-invasive care** — especially among patients who want to **avoid long-term medication or surgery**.

Conclusion

Spondylosis may be a part of ageing, but it doesn't have to limit your life. Whether you're looking to avoid surgery or recover from long-standing stiffness, Singapore offers options that are safe, effective, and widely recommended.

To learn more about managing spinal arthritis and spondylosis in Singapore, visit www.Arthritis.com.sg.

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