

The Pain Relief Practice Launches Home Recovery Treatment Protocol for International and Local Patients

Pioneer of HotHeal Therapy expands access to world-class non-invasive pain solutions

Stamford, US Aug 2, 2025 ([IssueWire.com](https://www.issuewire.com)) - The Pain Relief Practice, located at Shaw House, Orchard Road, and recognised as the pioneer of **HotHeal Therapy**, has announced the launch of its **Home Recovery Treatment Protocol**. This program is designed for both **international patients** and **local residents** who are unable to visit the clinic in person but still want access to its proven, non-invasive pain treatment methods.

Since **2007**, The Pain Relief Practice has helped patients from **over 20 countries**, including **national athletes** from the Singapore Table Tennis Association, celebrities, and patients referred by specialist doctors. The clinic has **exported its techniques to Indonesia** and trained doctors and nurses in other countries, earning a reputation as one of the region's most innovative pain management centres.

A Breakthrough in Home Pain Management

The new **Home Recovery Treatment Protocol** is a complete, guided program that combines:

- **Home-use PEMF technology** – FDA-approved, with a published clinical study in the *Oxford Journal* supporting its safety and effectiveness.
- [Regenerix Gold](#), an internationally recognized, premium clinical nutritional support – to promote healthy joint and muscle function from within.
- **Korean transdermal technology** – for advanced topical delivery of active ingredients deep into affected tissues.

Patients receive **personalised guidance** from The Pain Relief Practice team to ensure correct and effective use of all home devices and supplements, enabling recovery without frequent clinic visits.

Conditions the Home Protocol Can Help

The Home Recovery Treatment Protocol can support patients with:

Spine & Nerve Conditions

- Lower back pain
- Sciatica / radicular leg pain
- Spinal stenosis
- Cervical spondylosis / neck pain
- Herniated discs

- Cervicogenic headaches
- Whiplash injury pain
- Nerve entrapment syndromes
- Diabetic neuropathy
- Post-herpetic neuralgia
- Complex regional pain syndrome (CRPS)

Joint & Soft Tissue Conditions

- [Knee osteoarthritis](#)
- [Meniscus tears](#)
- Frozen shoulder
- Rotator cuff injuries (partial)
- Shoulder bursitis
- Tennis elbow / golfer's elbow
- Hip bursitis
- Hip labral tear
- Carpal tunnel syndrome (early to moderate)
- Trigger finger
- Biceps tendon pain
- De Quervain's tendinopathy
- Plantar fasciitis
- Myofascial pain syndrome

Chronic & Multi-System Pain Conditions

- [TMJ disorder](#)
- Fibromyalgia

- Chronic pelvic pain
- Chronic facial pain
- [Rheumatoid arthritis pain](#)
- Hip arthritis (early stage)
- Elbow arthritis
- Claudication-related pain (vascular)

Headache Disorders with Mechanical/Neuromuscular Triggers

- Migraine headaches (neck or jaw tension-related)
- Tension-type headaches

Why This Matters

Many patients, especially those in **remote locations, overseas, or with mobility challenges**, find it difficult to access advanced, non-invasive pain treatments. The Pain Relief Practice's Home Recovery Treatment Protocol removes these barriers, delivering professional-grade care **anywhere in the world**.

Quote from Medical Director:

"Our mission has always been to provide fast, practical, and effective relief without surgery. This home program lets patients benefit from the same advanced techniques trusted by national athletes and celebrities — without having to step into our clinic."

About The Pain Relief Practice

Established in 2007, The Pain Relief Practice is known for pioneering **HotHeal Therapy**, a proprietary treatment combining specialised manual techniques with non-invasive radiofrequency technology. The clinic works with specialist doctors, is the official sponsor for the Singapore Table Tennis Association's national athletes, and has exported its pain treatment techniques internationally.

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