

The Pain Relief Practice: Providing Effective Physiotherapy Care in Singapore Since 2007

Why The Pain Relief Practice Is One of the Most Recommended Physiotherapy Clinics in Singapore Since 2007

Singapore, Singapore Jul 31, 2025 ([IssueWire.com](https://www.issuewire.com)) - The Pain Relief Practice has been providing [physiotherapy services in Singapore since 2007](#) and has received positive patient feedback on platforms like Google Reviews. The clinic offers evidence-based physiotherapy solutions tailored to individuals suffering from musculoskeletal pain, providing non-invasive treatment options that may help some patients avoid surgery or reduce the need for long-term medications.

Affordable and Value-for-Money Care for Complex Pain Conditions

For those searching online for “cheap physio” or “cheapest physiotherapist in Singapore,” it is important to note that The Pain Relief Practice focuses on providing affordable and value-for-money physiotherapy care for patients with more complex or persistent pain conditions, rather than basic, low-cost physiotherapy for minor injuries that may resolve on their own.

Our clinic invests in advanced medical technology and continuous staff training to complement traditional physiotherapy approaches such as exercise and manual therapy. These modern treatment options are designed to support patients seeking alternative non-invasive care beyond conventional methods.

Insurance Claimable Conditions and Support

Many patients at The Pain Relief Practice are able to submit claims for their treatment under personal accident, travel, or outpatient medical insurance, subject to the terms of their individual policies. Our team assists patients by preparing necessary paperwork and medical reports to support insurance claims where applicable.

Common conditions that may be insurance-claimable include:

Personal Accident or Travel Insurance

- Acute injuries from falls, slips, or accidents (e.g., ankle sprain, shoulder strain, back injury)
- Sports-related injuries (e.g., ligament strains, muscle tears, knee swelling)
- Neck and back stiffness or pain after travel or flights
- Joint pain or swelling following impact or trauma
- Whiplash or soft tissue injuries from road traffic incidents

Outpatient or Company Medical Insurance

- Neck and back pain that affects work or daily activities

- Postural pain related to work-from-home setups (neck, shoulders, mid-back)
- Tendonitis (wrist, elbow, knee, Achilles tendon)
- Persistent knee pain or osteoarthritis symptoms
- Recurrent ankle sprains or walking discomfort
- Chronic pain not responsive to initial treatments

Please note: Insurance coverage varies by plan. Patients are advised to confirm with their providers. The clinic supports claim submissions by providing referral letters, diagnostic reports, and invoices as needed.

What Sets Us Apart

- Over 18 years of experience providing [physiotherapy services in Singapore](#)
- Use of advanced therapy tools, including our proprietary [HotHeal Protocol](#), [shockwave therapy](#), electrotherapy, and neuromuscular reactivation
- Receiving referrals from medical doctors for patients seeking non-invasive pain management options
- Official sponsor of the Singapore Table Tennis Association (STTA), supporting national athletes with advanced physiotherapy techniques
- Experienced in handling documentation for personal accident, outpatient, and travel insurance claims
- Conveniently located at Shaw House on Orchard Road, just outside the ERP zone and a short walk from Orchard MRT

Comprehensive Care for a Wide Range of Musculoskeletal Conditions

The Pain Relief Practice provides advanced, non-invasive care for common and complex musculoskeletal conditions, including:

Neck and Shoulder Conditions:

- Frozen shoulder (limited shoulder movement, stiffness)
- Rotator cuff tendinopathy or tears (shoulder pain, weakness, difficulty lifting arm)
- Shoulder impingement syndrome (pain when raising arm, clicking sounds)
- Cervical spondylosis or disc degeneration (neck stiffness, nerve pain, numbness in arms)

- Postural neck pain (chronic neck ache, muscle tightness, headaches)
- Whiplash injuries (neck pain and stiffness after sudden movement or accident)

Back Conditions:

- Lumbar disc bulge or herniation (lower back pain, sciatica, leg numbness or tingling)
- Facet joint pain (localized back stiffness, worse with extension or twisting)
- Muscle strain or ligament sprain (acute or chronic back pain, muscle spasm)
- Postural strain (pain from prolonged sitting or standing, poor ergonomics)
- Scoliosis-related pain (uneven posture, back discomfort)
- Chronic low back pain (persistent ache, stiffness, limited mobility)

Knee Conditions:

- Osteoarthritis (joint stiffness, swelling, reduced range of motion)
- Meniscal tears (knee pain, locking, swelling, instability)
- Ligament injuries (ACL, MCL sprains or tears causing instability, pain)
- Patellofemoral pain syndrome (front knee pain worsened by stairs or sitting)
- Tendinopathy (jumper's knee, pain around kneecap)
- Knee swelling or effusion (fluid accumulation causing stiffness and pain)

Hip and Pelvis Conditions:

- Hip impingement (groin pain, restricted hip movement)
- Sacroiliac (SI) joint dysfunction (lower back and buttock pain, difficulty standing)
- Hip bursitis (pain on outer hip, tenderness)
- Muscle strains or tendonitis around hip and pelvis (pain, weakness)
- Post-hip surgery rehabilitation (restoring mobility and strength)

Ankle and Foot Conditions:

- Ankle sprains (pain, swelling, instability after twisting injury)
- Plantar fasciitis (heel pain, especially on first steps in the morning)
- Achilles tendinopathy (pain and stiffness in back of the ankle)
- Flat feet with pain (arch discomfort, overpronation symptoms)
- Metatarsalgia (forefoot pain, burning or aching sensations)

Wrist, Elbow, and Hand Conditions:

- Tennis elbow (lateral epicondylitis – outer elbow pain)
- Golfer's elbow (medial epicondylitis – inner elbow pain)
- Carpal tunnel syndrome (numbness, tingling, or pain in the hand and fingers)
- Tendonitis or tenosynovitis (pain and swelling in wrist or hand tendons)
- De Quervain's tenosynovitis (pain near thumb base)

Post-Treatment and Complex Pain Conditions:

- Persistent or recurrent pain after surgery or injury
- Chronic regional pain syndrome or complex pain presentations
- Failed response or worsening symptoms after traditional treatments such as TCM, chiropractic, painkillers, or standard physiotherapy
- Sports-related injuries and overuse syndromes affecting various joints and muscles
- Work-related musculoskeletal disorders (neck, back, upper limbs)
- Postural or ergonomic-related pain and discomfort from prolonged computer or desk work

Book a Consultation

Whether you are recovering from an injury, managing chronic pain, or seeking a second opinion before considering surgery, The Pain Relief Practice offers customised, technology-supported care that aims to support your recovery. Our team can also help you navigate insurance claims to maximize your benefits.

Visit www.painreliefpractice.com or call +65 9782 1601 to schedule an appointment.

About The Pain Relief Practice

Established in 2007, The Pain Relief Practice is a non-invasive physiotherapy and pain management clinic in Singapore. Known for utilizing advanced therapy techniques and providing targeted relief for musculoskeletal pain, the clinic serves both local and international patients—including elite athletes—as **an official sponsor of the Singapore Table Tennis Association.**

Media Contact

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