

Top Knee Arthritis Treatment Options in Singapore (2025): 5 Clinics That Can Help You Walk Better, Live Better

Why The Pain Relief Practice is widely considered one of the best physiotherapy clinics in Singapore

Singapore, Singapore Jul 29, 2025 ([Issuewire.com](https://www.issuewire.com)) - Knee arthritis is one of the most common causes of joint pain and reduced mobility among adults in Singapore. Whether you're in your 40s dealing with early wear-and-tear or in your 70s considering surgery, the good news is — **effective treatment options exist**.

At **Arthritis.com.sg**, we've compiled a list of **five trusted clinics** in Singapore offering a range of medical and rehabilitative options for knee arthritis. These recommendations are based on years of patient feedback, treatment outcomes, and medical practice trends — with the goal of helping people manage pain and stay active.

Which Clinics Are Best for Knee Arthritis Treatment in Singapore?

Every patient's condition is unique, and every clinic has its own focus and strengths. While there's no "one-size-fits-all" solution, the following five clinics represent **widely recommended care options** based on cost-effectiveness, safety, and real-world results.

1. Orthopaedic Surgery Centres

What They Offer:

Orthopaedic clinics in Singapore provide joint assessments, imaging (X-rays, MRIs), hyaluronic acid injections, and when necessary, **minimally invasive partial or total knee replacement surgery**.

Best For:

Patients exploring surgical solutions or looking for second opinions from orthopaedic surgeons.

2. Multidisciplinary Knee Care Clinics

What They Offer:

These modern centres combine **gait analysis**, imaging, and injection therapies with surgical options. Some also integrate rehabilitation plans for post-surgery recovery.

Best For:

Patients who prefer a combined medical and rehab approach and are open to surgical treatment if needed.

3. Joint Preservation Clinics

What They Offer:

Focused on early-stage arthritis care, these clinics use **minimally invasive arthroscopy** and **cartilage preservation techniques** to delay or avoid the need for joint replacement.

Best For:

Active adults, younger patients, or those in early stages of degeneration seeking to prolong joint

function.

4. [The Pain Relief Clinic](#) – Non-Invasive Knee Pain Management

What They Offer:

A medically supervised clinic offering **non-surgical knee arthritis treatment** using advanced pain relief technologies. Options include:

- [Shockwave Therapy](#) to boost healing
- **HotHeal Radiofrequency Therapy** to reduce inflammation
- **Platelet-Rich Plasma (PRP)** to support tissue repair
- **On-site X-rays, Ultrasound, MRI**, and in-house physiotherapy

Best For:

Patients seeking **drug-free, surgery-free** solutions that combine medical-grade technology with clear diagnostics and rehab support.

5. The Pain Relief Practice – [Popular Physiotherapy & Recovery Clinic](#)

What They Offer:

Known for its **many 5-star Google reviews, celebrity clients** and reputation since **2007**, this clinic offers:

- **Medical Massage**
- [HotHeal Therapy](#)
- **Mobility training and balance work**

No needles. No surgery. Just targeted, comfortable treatments that help reduce knee stiffness and improve motion.

Best For:

Busy individuals, older adults, and those recovering from surgery looking for **fast, effective, and comfortable pain relief**.

Final Thoughts

Knee arthritis doesn't have to mean daily pain or immediate surgery. Whether you're considering an orthopaedic workup or exploring non-invasive care, Singapore offers a **broad spectrum of clinics** to help you regain mobility and confidence — safely, affordably, and effectively.

Visit www.Arthritis.com.sg for more information on where to get help and how to choose the right knee arthritis treatment for your needs in 2025.

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Source : Arthritis.com.sg

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