

Our Osteopaths treat a variety of musculo-skeletal conditions including:

- **Back & neck pain**
- **Headaches**
- **Postural problems**
- **Aches & pains caused by driving**
- **Work strain**
- **Sports injuries**
- **Repetitive strain injury**
- **Pain associated with arthritis**
- **Changes to posture in pregnancy**
- **Treating babies with colic or sleeplessness**

Osteopathy is a 'package' of care that includes skilled mobilising & manipulative techniques, reinforced by guidance on rehabilitation and exercise. Treatment involves gentle, manual techniques - easing pain, reducing swelling and improving mobility, allowing you a quick return to normal activity.

Our Osteopaths use a wide variety of treatment techniques ranging from joint articulation/mobilisation & manipulation, soft tissue massage, trigger point and myofascial release, muscle energy techniques and cranial osteopathy.

Directions To The Clinic

MRT - The nearest MRT is Orchard. Take the underpass to Wheelock Place and walk up Orchard Road past the Hilton Hotel to the Forum.

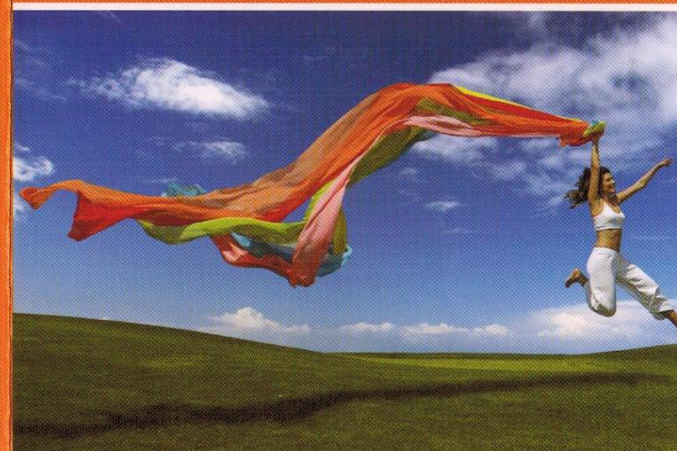
BUS - Buses 7, 36, 36B, 105, 111, 123, 132, 174, 174E, 502 and 502A all stop opposite the Forum outside the Delphi Orchard Shopping Centre.

DRIVE - The car park is accessed off Cuscaden Road.

Once in The Forum it is important to find the **OFFICE LIFTS**. The office lifts can be accessed from Basement 1, look for a sign indicating to office lifts.



**Osteopathy
& Podiatry
Centre**



The Osteopathy
& Podiatry Centre

Established since 2002

Osteopathy & Podiatry Centre

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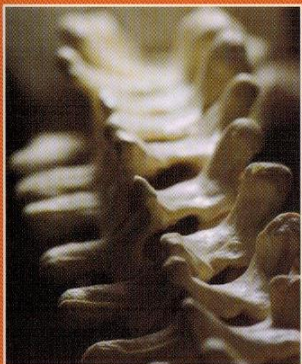
Email: info@osteopathy-podiatry.com

www.osteopathy-podiatry.com

The Osteopathy & Podiatry Centre, established since 2002, enjoys the best reputation in Singapore for its unequalled standard of professional attention in a caring & friendly environment.

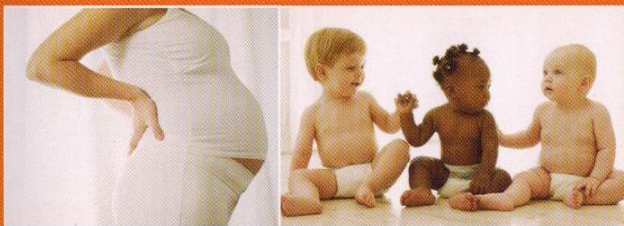
Our team consists of fully qualified practitioners who are well motivated, enthusiastic & committed to all our clients well being. Each practitioner offers their own unique level of expertise and interest. They commonly cross refer within the centre to ensure each client receives the best results.

"Osteopathy is a safe, effective, hands-on, natural solution to the treatment and management of acute or chronic pain."



Osteopaths are skilled health care professionals who undertake a rigorous four year degree course to enable them to recognize and treat many causes of pain, from muscles to ligaments and nerves to joints.

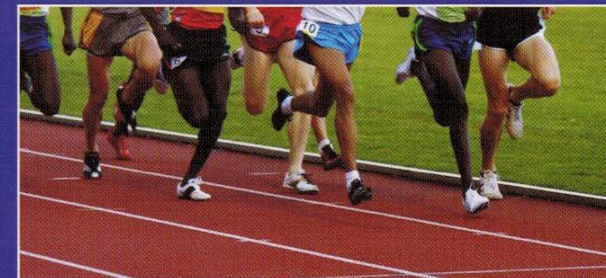
Osteopathy is suitable for people of all ages and backgrounds ranging from newborns, elderly, office workers, amateur to professional athletes.



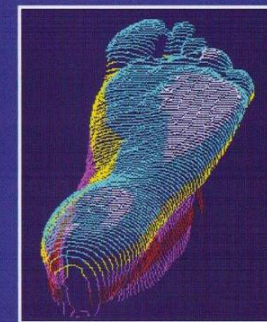
"Podiatry is a health-care profession which involves the diagnosis, treatment and management of foot & lower leg problems."



Clinical treatment is available for the treatment of corns, callus, heel cracks, fungal infections, verrucae and ingrown toenails. Patients with diabetes are advised to have yearly foot screening and our podiatrist can provide this along with footwear and footcare advice as well as any clinical care necessary to prevent foot ulcers. Ulcer care and management is also available.



People with lower limb sporting injuries such as shin splints and Achilles tendinopathy can be treated in conjunction with the osteopath and given biomechanical assessment and gait analysis to help discover the cause of the injury and if it is associated with the general foot mechanics. Biomechanical assessment and gait analysis is also provided for children and adults with walking abnormalities, bunions, heel pain and flat feet. Many of these problems can be treated with orthotic therapy.



The Osteopathy and Podiatry Centre has the latest up to date 3D foot scanners and all our orthotics are manufactured at our lab in Australia, which uses the latest digital techniques.

The foot and foot function can greatly influence posture as well as knees and the lower back. In these situations the podiatrists and osteopaths at the Osteopathy and Podiatry Centre work closely as a team to manage the problem.

www.osteopathy-podiatry.com