

THE PAIN Relief PRACTICE



Healthcare
Physiotherapy
Pain Solution

The Pain Relief Practice is a physiotherapy centre with a unique 3-step clinical approach to help you live a life free from pain.



NON-INVASIVE MEDICAL
TECHNOLOGY

Using the latest, safe medical tech to optimize patient recovery



SPECIALISED MANUAL
TECHNIQUES

Safe and effective joint mobilization to restore function



NUTRACEUTICALS

Harnessing nutritional science and natural ingredients to promote healthy joints

www.thepainreliefpractice.com



Rehabilitation Partner of the
Singapore Table Tennis Association



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With over 11 years of successful operating experience, The Pain Relief Practice (PRP) has firmly established the therapeutic benefits of its unique physiotherapy approach.

PRP's holistic treatment for chronic joint pain is built on 3 pillars:

1. Use of Non-invasive Technology
2. Specialized Manual Therapy
3. Nutraceuticals

Rather than masking pain symptoms, PRP's novel approach safely and effectively stimulates tissues repair. This enables patients to return to activities more quickly. Treatment is drug-free, with a very comfortable therapy process, involving no downtime.

Singapore is one of the fastest ageing populations in Asia. The population above 65 years rose from 7.2% in 2000 to 9% in 2010 and is predicted to be 19% by 2030, which translates to 235,000 elderly in 2000 and 796,000 elderly in 2030 ¹. In Singapore, over 500,000 people (100m globally) suffer from chronic pain daily – costing billions of dollars in medical bills and lost productivity. This is a major problem that needs to be solved. The high prevalence of such joint conditions in a rapidly aging population represents a huge opportunity for such services in the ASEAN region and other countries.

In March 2018, The Pain Relief Practice embarked in their first overseas venture in the region, starting in Indonesia with new centers in Jakarta and Surabaya. With the help of a local partner, PRP was able to impart their technical “know-how” and operational expertise to local physiotherapists effectively. This successful partnership made available many best-in-class pain solutions from around the world and has been very well received.

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Additional information:

¹ National Health Survey 2010. [online]. Cited 31 Oct 2012. Available at: <http://www.hpb.gov.sg/news/article.aspx?id=9008>