

NUP Allied Health Services

PHYSIOTHERAPY

A physiotherapist is a specialised healthcare professional who helps you recover from mobility issues caused by disabilities, illnesses, injuries and pain.



Please consult a doctor at our polyclinic to get a referral to see a physiotherapist.

You may see a physiotherapist at our polyclinic and attend physiotherapy sessions to:

- Do physical exercises that may include manual, heat and/or electrical therapy depending on your condition, for a quicker recovery.
- Help you to regain your confidence, independence and enhance your quality of life.

Physiotherapy sessions in NUP are only available for patients 12 years old and above.

You are encouraged see a physiotherapist if you wish to:

- Improve movement and manage pain due to neck, shoulder, arm, lower back and limb injuries through targeted exercises.
- Improve chronic disease management through targeted exercises.
- Improve the way you walk after a prolonged illness or sustaining injuries.
- Learn how to use walking aids such as crutches or a walking stick.
- Learn how to improve your strength, prevent falls and move better.
- Learn about physiotherapy ergonomics, such as how to adjust your workstation (monitor height, chair setup and keyboard placement), movement patterns and tools to reduce aches and strains.

What to wear for your appointment:

- Loose comfortable clothes that allow you to move easily, such as sports attire/pants/top and sports/covered shoes.
- Avoid tight-fitting clothes.
- Ensure you are able to show the part(s) of your body that need(s) to be checked.