

Adele Ang

Senior Physiotherapist

Master of Physiotherapy (Manipulative Physiotherapy), Australia

Adele graduated from Curtin University, Western Australia in 1995 with a Bachelor of Science (Physiotherapy), and started her career in Singapore General Hospital. She then proceeded to specialise in Sports and Musculoskeletal Physiotherapy and completed her Masters in Manipulative Physiotherapy in year 2000.

Having worked at the Singapore Sports Council for 5 years, Adele has treated National Athletes in sports such as track and field, badminton and swimming. In 2009, she pursued the Polestar Pilates Method, which is a comprehensive method using Pilates as exercise therapy for rehabilitation of injuries. Adele constantly keeps herself updated with the most effective and research based treatment techniques to improve clinical outcomes for her patients to return to sports and life in general.

Outside of clinical work, Adele is an adjunct lecturer for the Diploma of Physiotherapy at the Nanyang Polytechnic, sharing her enthusiasm for teaching and learning.