About Us
Managed by a group of healthcare providers in the eastern part of Singapore, the Eastern Community Health Centre (Eastern CHC) provides health services such as digital diabetic retinal photography, diabetic foot screening, nurse counselling & education services, dietetic service, health wellness programme, diagnostic imaging services and physiotherapy for patients referred by their General Practitioner (GP). Medical reports are sent directly to the General Practitioner (GP) for review with their patients.

What to expect during my visit:
The physiotherapist will conduct an initial assessment, and devise a treatment plan based on your goals. Further sessions may be scheduled at regular intervals as required.

Referral Process
A referral from your doctor will be required.
Do call us for further information and ask your General Practitioner (GP) to make an appointment.

Physiotherapy Services

For more information, please visit www.easternhealth.sg or email eastern.chc@easternhealth.sg

All information is valid at the time of printing and subject to revision without prior notice.
Our Physiotherapy Services

Fitness Advice and Conditioning
Regular exercise has been shown to improve general health and control risk factors such as diabetes, high cholesterol and high blood pressure. Controlling these risk factors can prevent more serious health conditions such as heart attacks, strokes and kidney disease in the long term. The earlier you begin a regular exercise programme, the greater health benefits you will experience.

If you have high blood pressure, high cholesterol or diabetes, a physiotherapist will be able to design a programme tailored to your fitness and medical needs to help you:

- exercise safely
- improve your stamina through graded exercise
- manage your health condition effectively

Musculoskeletal Physiotherapy
Musculoskeletal conditions such as shoulder, hip, back and knee pain/strains are very common. They interfere with our ability to perform daily activities such as heavy lifting, walking, running, stair climbing etc. Many of such conditions do not require surgical intervention, especially in their initial stages, when symptoms are milder. A physiotherapist would be able to alleviate your symptoms and prevent further deterioration through:

- Prescribing a tailored exercise programme based on a thorough physical examination;
- Advising on lifestyle modifications e.g. ergonomics, starting a regular exercise programme etc. that would aid in improving symptoms

Falls Risk Assessment / Balance Training
Falls are very common in the community, especially among the older population. They can result in serious consequences (e.g. fractures), and could lead to loss of mobility, deterioration of quality of life. Prevention is key. Physiotherapists are able to:

- Assess and identify patients with high risk of falling
- Prescribe an exercise programme to improve balance and reduce risk of falls
- Provide advice on appropriate use of walking aids and home modifications to prevent falls