

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, 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.

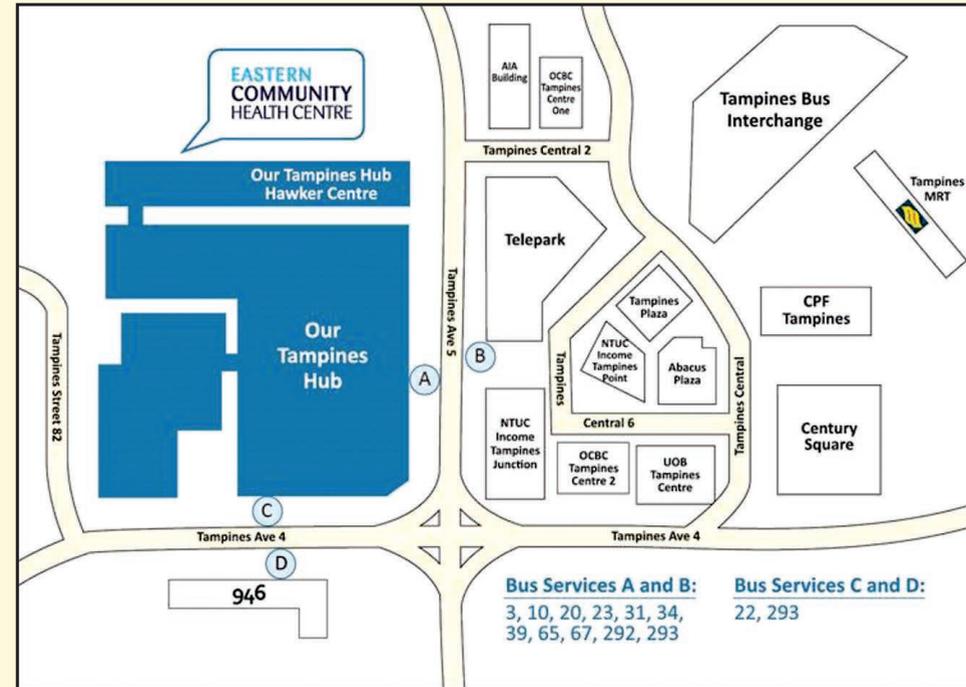
Referral Process

A referral from your doctor will be required.

Do call us for further information and ask your General Practitioner (GP) to make an appointment.

Eastern Community Health Centre (Tampines)

Our Tampines Hub 1 Tampines Walk, #03-33, Singapore 528523
Tel: 6782 6885 Fax: 6782 9591



Operating Hours (By Appointment Only)

Monday to Friday: 8.30am to 12.00pm, 1.00pm to 5.00pm
Closed on Saturdays, Sundays and Public Holidays

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



All information is valid at the time of printing (Jan 2018)
and subject to revision without prior notice



Physiotherapy Services



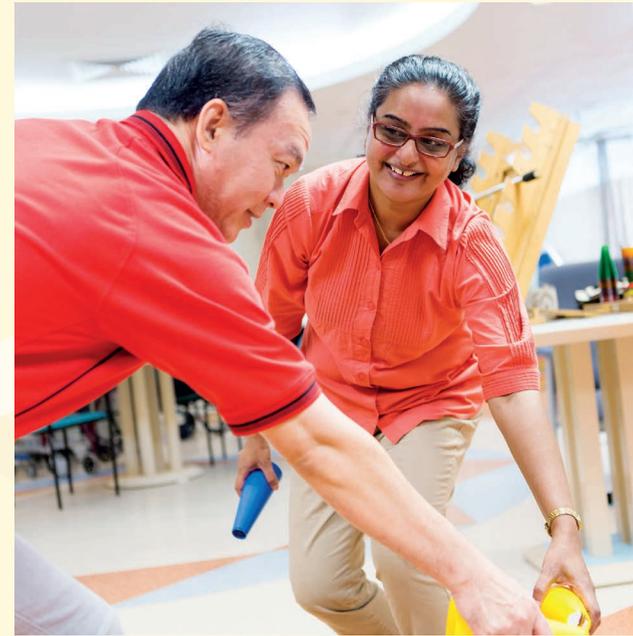
Our Physiotherapy Services

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



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

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

