

Dorcas Sholanke

Senior Podiatrist

BSc (Hons) Podiatry (UK)

Dorcas qualified as a podiatrist from the University of Southampton in England after which she moved to Singapore. She previously worked for 5 years at Tan Tock Seng Hospital. She quickly worked her way up to the position of Senior Podiatrist and was appointed Head of the Podiatry Department. During her time as a Podiatrist Dorcas has worked with patients suffering with a broad spectrum of foot complaints including diabetic related conditions.

While Dorcas has a wide range of Podiatry related skills she now specializes in sports Podiatry. As an experienced foot and ankle pain specialist she is focused on biomechanical function and musculoskeletal pain. Her main areas of interest include soft tissue injuries, sporting injuries, overuse foot conditions, mechanical conditions of the foot and lower limb, walking/running techniques, footwear and customized/prescription orthotics.

As a holistic practitioner Dorcas believes that a thorough assessment of gait is essential. She is committed to advancing the understanding, prevention and management of lower extremity sports and fitness injuries for all patients. Dorcas sees her role as enabling everyone whether they are young or older, participating in recreational sports or elite athletes to maximize their enjoyment and safety in their chosen area of sports or exercise.

Dorcas enjoys keeping fit and exercising, she regularly participates in runs, joins in with bootcamps around Singapore and enjoys yoga. Dorcas is a member of the Podiatry Association Singapore.