

## TESTIMONIALS FOR PRINCIPAL PHYSIOTHERAPIST - MICHELLE KWONG



Physiotherapist, Michelle has given me hope that it can help heal myself. The spirit and talent of my Miss Michelle. I am blessed to have come to Singapore to have treatment with Michelle. Michelle processes a special gift.

**Theresa Treadway Lloyd, Singer/Professor**

Michelle is an as well as a extremely helpful in  
**Olivier Amprimo**  
*Director Asia,*



excellent professional, with modern techniques and equipment, communicative can-do and witty attitude. She is therefore putting people back on their feet, literally.

**Revevol**



Michelle and her team have always been to us, one of the best physio teams in Singapore, and one of our most valued partners, supporting our personal training clients. We will highly recommend her!

**Jonathan Chew**  
*Founder & CEO, Absolute Living*



Michelle has really help me a lot in recovering fast from my injuries, enable to go back for training stronger.

Looking for physio?

She is definitely the one that cares and gets u well.

**Tan Chin Boon**  
*Personal Trainer, Gold Gym*  
*Bodybuilder*

2009 – Fly Weight 1<sup>st</sup> Runner Up  
2010 – Bantam Weight 5<sup>th</sup>, Classic 3<sup>rd</sup>  
2011- Light Weight 1<sup>st</sup> Runner Up



**Ng Lin-Di**  
*Housewife*

Before consulting with Michelle, I had lived with such long-standing aches and pains that I no longer felt them very much. I consulted with Michelle mainly because my neck was feeling the ache more than usual.

Michelle not only looked at my neck, she also gave me the "once over" and found another potential problem area. Or two.

After my session with Michelle, my aches and pains lessened considerably. She also taught me exercises which are easy to do and convenient to fit into my regular routine. Michelle's follow up is superb and I am reminded to continue to strengthen my weaker areas to prevent future health problems as much as possible.

Two thumbs up to Michelle!!



About 4 months ago, I was involved in a pretty nasty motorbike accident which left me with a fractured right elbow. This is last injury I would ever want since it is my writing hand....as a student, I would need my arm to be back in shortest time. I am really thankful to Michelle for helping me regain the full use of my injured arm in the shortest amount of time. The initial stiffness in the elbow after the cast was taken out had disrupted my daily life a lot.

An operation was even suggested by the doctor if my situation does not improve. However, Michelle had done a wonderful job in helping me to avoid surgery with the exceptionally effective exercises she had recommended and treatment methods she had used. Most importantly, she also possesses the ability to motivate in difficult and sometimes I would say emotional period.

Overall, my recovery process under Michelle had been awesome and ever improving.

I would definitely consider it a miracle with the range of motion I had achieved in this present state. 3 months ago, what I thought was impossible become very possible now.

**Tan Zi Bin**  
*Student*

Michelle is a well-qualified practitioner who takes a caring and personal approach to therapy. I especially like the way she meticulously works on my injuries while at the same time tries to make me understand what the issues are so that I can also help myself. Definitely recommended!

**Subra Chettiar**  
*Managing Director, International Placements*



Michelle seems to have magical hands in her physiotherapy work. I had pain in my left knee and a strained neck/back that bogged me for several days. She took time to understand how I felt about the pain, examined the problem areas thoroughly and with her 'magical' hands, brought great relief after the 1st session. She took me through the relevant exercises, simple, bite-size routines that were easy to remember and constantly encouraged me to push on to make progress. Although the exercises may be challenging at times, but her reassuring smile will get you going. Thank you Michelle!

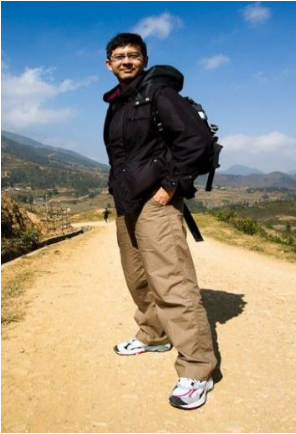
**Adrian Sim**  
*Executive Life Planner*



Michelle has an uncanny knack to put her patients comfortably relaxed while she treats the patient with a personal touch and tender loving care.

**Chris Chew**  
*Owner, [www.SgFitnessOnline.com](http://www.SgFitnessOnline.com), [www.sgfitness.com](http://www.sgfitness.com),  
[www.loseweightgetmuscles.com](http://www.loseweightgetmuscles.com), [www.playmusicsing.com](http://www.playmusicsing.com), [www.seductionflirt.com](http://www.seductionflirt.com)*

I went to Physioclinic for Physiotherapy to begin treatment for lower back muscle spasms developed a month or so ago. I was recommended to go to this place by a specialist at Mount E and subsequently recommended my spouse and her friend to attend as well as they suffered from severe muscle spasms on the arms and shoulders due to long hours sitting down at work with the keyboard over the years.



Michelle is always nice and professional during the sessions. She starts by making sure that you feel comfortable while she asked a bit more about my condition. She was gentle while going through some exercises although I was never good at the Pilate which is required to control balance and strengthen the core muscles. The whole process in physiotherapy and exercise helped my muscles relax and during the 2 months long visit the intensity of my pain had reduced and i decided to go back to gym for routine workout. Overall I was impressed with the process. I would definitely recommend Physioclinic for their great location, customer service, and the attentive manner of the therapist.

**Gavin Yeoh**  
**Operation Manager, Reliance Globalcom**



As a fellow member of BNI, the largest business networking organisation in the world, Michelle has been hailed as the professional pain remover whose physiotherapy service is well recognised in our BNI Raffles Chapter as well as the other chapters in Singapore.

I will not hesitate to recommend her to anyone in need of such service.

**Ang Ah Sin**  
**Business Manager, AsiaPac Solutions**  
**Ambassador, BNI Singapore [www.bni-raffles.sg](http://www.bni-raffles.sg)**



Physioclinic has the best physiotherapist in Singapore that has helped my neck, back, shoulder and knee pain. I have sought treatment in other places but none has provided a professional, friendly and caring touch. I find her very patience in explaining my conditions and treatments are effective to my recovery. If you need help in pain, i will vouch for physiotherapist from Physioclinic

**Ben Liu**  
**Property Agent, Dennis Wee**  
**Martial Art Enthusiast, [www.bendoesmartialarts.com](http://www.bendoesmartialarts.com)**

I visited Michelle to treat a knee injury. Michelle was able to determine the extent of the problem and applied her skills and knowledge to treat it. I felt much better even after the first visit and the pain was dramatically reduced. Michelle also identified other unrelated problems like poor posture and back issues and also prescribed corrective exercises. I am well on the road to recovery and feel much better overall!

**Michael Tham, Editor/Writer/Reporter**



I consulted Michelle Kwong of Physioclinic for physiotherapy for chronic pain and loss of movement in my shoulder from too much tennis. The consultation was thorough and her diagnosis correct. She explained things very clearly and the treatment worked. Within a month the pain went and shoulder mobility returned. I found her caring and sympathetic, – a first class professional.

I recommend her fully.  
**Peter Hall**  
**Construction Professional**



Michelle's talk / workshop on Back and Neck Care, which she did at my company recently, was with very useful and to-the-point information about the specifics of the sign and symptoms, management and prevention of common back and neck problems. She connects well with her audience and encourages active participation, which serves as a constructive platform for a very practical and rewarding experience. Michelle also provided one-to-one consultation to staff, where she listens and assesses her patient's problems thoroughly while providing useful advice on activities that should be carried out to reduce discomfort / pain and together with long-term prevention measures."

**Joe Tan**  
**Workplace Health Committee, Sennheiser**



Michelle is not only highly knowledgeable in the field of physiotherapy but is also a delight to work through. I found her temperament very comforting and warm. I went to Michelle to ease a pain I have had in my right shoulder for some time that has caused me some concern with possible future arthritis. She patiently explained to me what were the possible causes were so that understanding the physiotherapy session made a whole lot more sense. Since completing the therapy with Michelle, the pain has surprisingly gone. The exercises she had me to were helpful in maintaining the shoulder joint. I had expected to at least wrestle with the odd reoccurring nuisance pain but that has not happened. Thank you Michelle for your help. The piece of mind knowing that I don't have to worry about one of the most major and complicated joints in the body is a big relief.

**Benjamin Teh**  
**Vice President APAC, Procera Network**

I've been seeing Michelle since mid-2008 until this moment. My chronic neck and back pain, due to the car accident 20 years ago, has decreased tremendously. She also helps me with my other physical problem. I've been recommending her to everyone that has the same physical issue as me.

**Fenny**

I do not have this recurring pain for the last 5 weeks since the physiotherapy I received from you. I must say I was skeptical before the session with you. As the last time I saw a physiotherapist in a government hospital 3 years ago, I don't have the same relief experience. On top of this relief I found, I am grateful for your tips on warming specifically for muscles used in Golf to allay any golf-related injury. The last 3 weeks I participated in 2 golf tournaments and both of them I came in 2<sup>nd</sup> position. With the pain gone I am more confident in executing my golf swing thus I can enjoy my golf even better not to mention winning kudos. It's not about winning tournaments; but having a relief from pain that is somehow a great reward itself!!!

Thanks again; I would not hesitate to vouch for your high level of professionalism in the area of physiotherapy.  
**Anthony Lee, Manager**



Most remembered for her professional consultation and personal interest in my pain. What I like was she doesn't rush through to treat more patients but allows you time to heal your injury. No over-selling of any sort. She actually listens to me and this is an important attribute of a therapist. Should I ever have any relapse or new injury (knock on wood), I wouldn't think twice of hiring her again. Truly worth my time and money.

**Ching Kin Yong**  
**Business Owner, The Perfect Knot**  
[www.theperfectknot.com.sg](http://www.theperfectknot.com.sg)



I am extremely impressed by Michelle's commitment and enthusiasm in her physiotherapy work and ensuring fast recovery. Her caring and friendly attitude makes you feel at ease and you can't find it in any other physiotherapy clinic! If you need help in your pain problems, she is definitely a great physiotherapist!

**Dawn Koh**  
*Artist, Portraits & Caricatures*  
[www.multiple-art.com](http://www.multiple-art.com)

I personally wanted to take the time to drop you a short note to express my sincerest thanks for the dedicated physiotherapy session. The therapy was very beneficial and i have since felt so much better after going through the series of physiotherapy treatments on my left knee. You are very professional, and i appreciated the effort to allow me to reschedule appointments and also the reminder messages that would be sent to me a day prior to my appointments.

Please feel free to use this as a reference, as an example of the effective and efficient medical services that you provide.

**Jack Lin**



I like Michelle's approach. She is friendly, patient and professional. She knows her stuff and what I like most is her assuring attitude when she is diagnosing. She gives options and respect my decision. She is a friend first.

**Tan Soon Chye**  
*Sales Manager*

Michelle RAWKS! I've been suffering such a pain in the neck for the last 3 weeks and seen 2 sinsehs, 2 kinds of massage therapists and one bomoh with no results except temporary relief. But Michelle put it right for me today and did the same for Lucy! This is the 1<sup>st</sup> day of peace for me and it's been great! If you are in pain, you only have to call her. I did. No regrets.

**Conrad Alvin Lim, Trader**



I was referred by a doctor to see Michelle to heal a knee injury sustained from being an over-enthusiastic 'weekend warrior'. Michelle was patient in explaining the anatomy of the knee joint; the damage areas and available alternatives for facilitating repair and rehabilitation. Her physiotherapy and physical exercises were effective in paving the way to recovery and elimination of pain.

Michelle runs a friendly, effective and professional practice.

**KC Lee**  
*Managing Director, Hansgrohe*



Michelle came highly recommended and I was very happy that she was my physiotherapist. She is knowledgeable, not pushy and always helpful. I totally appreciated her time and commitment and would definitely recommend her to others. 😊

**Allan Chong, Regional Recruiter, Google**

I wish to thank you for the past few sessions that I've had for my plantar fasciitis condition. I successfully completed my half marathon last week under 2hours without any problems. With your recommended exercises and massage, I believe I would be able to compete in my 1<sup>st</sup> full marathon in December.

**Adrian Chew, Businessman**



Michelle is very dedicated and patient. She has helped to reduce the discomfort I experience in my back as a result of scoliosis. Physiotherapy is a great way to fix muscular aches and speed up recovery. Highly recommended to every potential patient.

**Ng Song Ping**  
**Student**



Thank you Physioclinic for the great physiotherapy experience. Treatments have proved effective to stop my ankle pain and exercises are useful to prevent ankle sprain again. Thanks also to my physiotherapist, Michelle, for being very friendly and caring.

**Gerard Bisoni**  
**Asia Pac Regional Sales Manager, Datapaq**



There is much improvement to 80%-90% well. Physiotherapist is caring and the way she guided me along to get better over the month using different treatment and exercises. Shockwave therapy has best result on me. Michelle has very good knowledge about muscle and managing my pain.

**Muthu**



I thank God I met Michelle, physiotherapist, through Dr Sanjay, who suggested I go for physiotherapy because I suffered severe pain and swelling from my left shoulder, arm down to my left fingers due to car accident. I was impressed by Michelle's professionalism to locate the painful spots and was always correct! She removed the painful areas from my left arm with care, gently and tenderness. To speed up my recovery, I went to Lighthouse Church Miracle healing service. Within a month, I am well and is able to live life as usual. All the staff including Si Ling helped my overcome my depressed period with care, encouragement and smiling faces! Physioclinic is highly recommended!

**Beatrice Cheah, Teacher**

Cooking and gym have been very much a part of my life. When I incurred a shoulder injury some time back, it had somewhat impaired me from doing two of these daily vital activities, Ever since I saw my Physiotherapist for treatment together with strengthening rehabilitation exercise, I could get back to my workout at the gym & my family got enjoy home cooked meals!

The shockwave therapy employed by Physioclinic is definitely a help towards my recovery and coupled with the specific exercise given to me (Homework for me to do). Also the knowledge imparted by my Physiotherapist to understand my condition better & what I should or should not do. Since coming to Physioclinic, I've become more aware of the muscle that work around the shoulder and the importance of stretching them before/after any workout. So to those gym friend / regulars who have issue with their body which is hampering you from exercising, Physioclinic is a must stop place to help you achieve a better performance and to lend you an active healthy lifestyle once again!

**MYLENE, P.K.J**

I have prolapsed intervertebral disc (L3/L4,L4/L5,L5/S1). I was having intense back and leg pain plus numbness and weakness on my left leg. A consultant recommended surgery but luckily he referred me to Physioclinic to see what the Physiotherapist can help me. I saw Michelle and after her assessment I started on the treatment. After 2 month of physiotherapy my condition has improved so much that I am completely pain free and just a little numbness left on my left leg . My recovery was amazing and surgery was not necessary at all. I would like to say a heartfelt 'Thank you' Michelle andYamuna. Thanks to your caring treatment, I was able to recover so quickly. Thanks to your encouragements as well. I would strongly recommend my friend to consult Physioclinic. Thank you good work. All the best for you all in the new year 2013!

**Chia Eng Tat, Maybank Kim Eng Securities PTE LTD.**



Physioclinic has exceeded my expectations! I had constant discomfort in my neck muscles for about two months before hiring Michelle. This discomfort would occur almost daily but I didn't think twice about it. Michelle's treatment worked in just one session!

If you're looking for a highly knowledgeable, personable, and highly effective physiotherapist to remove your pain - Michelle is the one to go to! She is patient, gives solid advice on how to treat your pain, and walks you through every step of your physiotherapy treatment.

Thank you very much Michelle!  
You've made my life pain-free!

**Andy Ling, Consultant (Finance & Accounting)**