

S/N	ZONE	ESTATE	CLINIC NAME	BLK	ROAD NAME	UNIT NO.	BUILDING NAME	POSTAL CODE	PHONE	<u>OPERATING HOURS</u>				CLINIC REMARKS
										MON - FRI	SAT	SUN	PUBLIC HOLIDAYS	
1	CENTRAL	BUKIT TIMAH	SYNERGY PHYSIOTHERAPY AND SPORTS	896	Dunearn Road	#03-04	Sime Darby Centre	589472	64630905	8.00am - 8.00pm	8.00am - 2.00pm	Closed	Closed	
2	CENTRAL	NOVENA	HEART & LUNG PHYSIO	101	Irrawaddy Road	#16-10		329565	88245175	9.00am - 6.00pm	9.00am - 2.00pm	Closed	Closed	
3	CENTRAL	ORCHARD	HEARTLAND REHAB @ ORCHARD	111	Somerset Road	#07-02		238164	94247154	8.00am - 9.00pm	8.00am - 3.00pm	Closed	By appointment only	
4	CENTRAL	ORCHARD	ORCHARD HEALTH CLINIC PTE LTD	230	Orchard Road	#04-232	Faber House	238854	63369577	9.00am - 6.00pm	9.00am - 6.00pm	Closed	9.00am - 6.00pm	
5	CENTRAL	ORCHARD	PHYSIOX PTE LTD	545	Orchard Road	#14-04	Far East Shopping Centre	238882	69092240	9.00am - 9.00pm	9.00am - 5.00pm	Closed	Closed	
6	CENTRAL SOUTH	ALEXANDRA	THE CLINIC @ BUSINESS CITY (PHYSIO)	20	Pasir Panjang Road	#02-26	Mapletree Business City	117439	68167180	8.30am - 1.00pm, 2.00pm - 6.00pm	Closed	Closed	Closed	
7	CENTRAL SOUTH	BUKIT MERAH	HEARTLAND REHAB @ QUEENSTOWN	11	Jalan Bukit Merah	#01-4454		150011	94247154	8.00am - 9.00pm	8.00am - 3.00pm	Closed	By appointment only	

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8	CITY	CITY HALL	THE CLINIC @ CAMPUS PTE LTD (PHYSIO)	70	Stamford Road	#B1-21	Li Ka Shing Library Building	178901	63339300	8.30am - 1.00pm, 2.00pm - 5.30pm	8.30am - 12.30pm	Closed	Closed	
9	CITY	MARINA BOULEVARD	THE CLINIC GROUP @ MARINA ONE (PHYSIO)	5	Straits View	#01-07	Marina One The Heart	018935	62828518	8.30am - 1.00pm, 2.00pm - 5.30pm	8.30am - 12.30pm (Alternate Saturdays)	Closed	Closed	
10	CITY	RAFFLES PLACE	THE CLINIC @ CAPITAGREEN (PHYSIO)	138	Market Street	#02-01A	Capitagreen	048946	63846851	8.30am - 1.00pm, 2.00pm - 5.30pm	Closed	Closed	Closed	
11	CITY	TANJONG PAGAR	ADVANCED PHYSIO CARE	160	Robinson Road	#03-11	SBF Center Medical Suites	068914	97352039	10.00am - 7.30pm	10.00am - 2.30pm	Closed	Closed	
12	EAST	JOO CHIAT	HEARTLAND REHAB II PTE LTD	239	Joo Chiat Road			427496	65907805	8.00am - 8.00pm	8.00am - 3.00pm	Closed	Closed	
13	EAST	PAYA LEBAR	PHYSIOX (PYL) PTE LTD	60	Paya Lebar Road	#B1-20	Paya Lebar Square	409051	69805550	9.00am - 9.00pm	9.00am - 5.00pm	Closed	Closed	
14	SOUTH	TELOK BLANGAH	HEARTLAND REHAB @ THE INTERLACE	180	Depot Road	#01-07		109684	94247154	8.00am - 9.00pm	8.00am - 9.00pm	Closed	By appointment only	

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15	WEST	UPPER BUKIT TIMAH	THE REHAB CENTRE	1	Jalan Anak Bukit	#B1-12	Bukit Timah Plaza	588996	68907720 / 82502305	9.00am - 9.00pm	9.00am - 6.00pm	Closed	Closed	
16	CENTRAL	FARRER PARK	MARK & JOKO HEALTH MANAGEMENT CLINIC	96	Owen Road	#01-02		218908	63977397	8.00am - 9.00pm	9.00am - 3.00pm	9.00am - 1.00pm	9.00am - 1.00pm	
17	NORTH EAST	SERANGOON	ASHFORD MEDICAL CENTRE	79	SERANGOON GARDEN WAY	#01-01	SERANGOON GARDEN ESTATE	555975	62882789	9.00am - 6.00pm	9.00am - 1.00pm	Closed	Closed	
18	CENTRAL	NOVENA	ON POINT PHYSIOTHERAPY	101	IRRAWADDY ROAD	#19-06	ROYAL SQUARE MEDICAL CENTRE	329565	80512112	8.00am - 9.00pm	8.00am - 9.00pm	Closed	Closed	
19	CENTRAL	BUKIT TIMAH	BENCHMARK PHYSIO	557	Bukit Timah Road	#02-03	Crown Centre	269694	88434303	Closed  Tue & Thur: 11.00am - 8.00pm  Wed, Fri: 9.00am - 6.00pm	9.00am - 6.00pm	Closed	Closed	
20	CENTRAL	NOVENA	MOVEFREE PHYSIOTHERAPY PTE LTD	101	Irrawaddy road	#20-09	Royal Square @ Novena	329565	62536229	Mon: 8.00am - 6.00pm  Tue - Fri: 8.30am - 7.30pm	8.00am - 12.30pm	Closed	Closed	
21	CENTRAL	ORCHARD	PHYSIO ASIA THERAPY CENTRE (ORCHARD)	360	Orchard Road	#05-02	International Building	238869	67364142	8.00am - 7.00pm	9.00am - 3.00pm	Closed	Closed	

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22	EAST	BEDOK	PHYSIO ASIA THERAPY CENTRE (SIGLAP)	55	Siglap Road	#B1-19	Siglap Centre	455871	81335609	9.00am - 6.00pm	9.00am - 6.00pm	Closed	Closed	
23	CENTRAL	BUKIT TIMAH	READY FIT PHYSIOTHERAPY (BUKIT TIMAH)	23	Binjai Park			589828	88002351	8.00am - 5.00pm	8.00am - 5.00pm	Closed	Closed	
24	CITY	MARINA BOULEVARD	READY FIT PHYSIOTHERAPY (MARINA SQUARE)	6	Raffles Boulevard	#03-134	Marina Sqaure	039594	88002351	10.00am - 8.00pm	10.00am - 2.00pm	Closed	Closed	
25	EAST	MARINE PARADE	ACE PHYSIO SPORTS	46	East Coast Road	#08-03	East Gate	428766	69310876	8.00am - 8.00pm	8.00am - 3.00pm	Based on Appointment	Based on Appointment	
26	CENTRAL	ORCHARD	YONG KANG TCM & PHYSIO CLINIC (PHYSIO)	304	Orchard Road	#05-43	Orchard Medical Specialists Centre, Lucky Plaza	238863	88829980	10.00am - 8.00pm	10.00am - 7.00pm	Closed	Closed	
27	CENTRAL	ORCHARD	LIFESCAN PHYSIO BY SMG	290	Orchard Road	#16-12	Paragon	238859	60272355	9.00am - 6.00pm	9.00am - 1.00pm	Closed	Closed	
28	CENTRAL	NOVENA	ONSITE HEALTH PTE LTD (NOVENA)	10	Sinaran Drive	#10-02	Novena Medical Centre	307506	82236258	Mon - Thu: 9.00am - 8.00pm	Fri: 9.00am - 6.00pm	8.30am - 6.00pm	9.00am - 5.00pm	9.00am - 5.00pm

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29	CITY	RAFFLES PLACE	ONSITE HEALTH PTE LTD (RAFFLES PLACE)	22	Malacca Street	#11-02	Rb Capital Building	48980	82236258	9.00am - 8.00pm	9.00am - 5.00pm	9.00am - 5.00pm	9.00am - 5.00pm	
30	EAST	KATONG	REGIS WELLNESS (PHYSIO)	437	Joo Chiat Road			427650	98513720	8.30am - 2.30pm, 5.30pm - 10.00pm  Wed:	9.00am - 3.00pm	Closed	Closed	
31	NORTH EAST	HOUGANG	NATRAHEA (HOUGANG)	205	Hougang Street 21	#02-32	Heartland Mall Kovan	530205	63857577	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm (Closed on Christmas & New Year)	
32	WEST	JURONG EAST	NATRAHEA (JURONG)	21	Jurong Gateway Road	#04-06		608546	64256618	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm	Closed	Closed	
33	EAST	MARINE PARADE	NATRAHEA (MARINE PARADE)	80	Marine Parade Road	#10-08	Parkway Parade	449269	63441192	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm	Closed	Closed	
34	CENTRAL	NOVENA	NATRAHEA (NOVENA)	10	Sinaran Drive	#09-06	Square 2	307506	66846563	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm	Closed	Closed	
35	EAST	TAMPINES	NATRAHEA (TAMPINES)	5	Tampines Central 1	#06-05A	Tampines Plaza II	529541	62230955	Mon: 4.00pm - 8.00pm  Tue - Fri: 10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm	Closed	Closed	

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36	CENTRAL SOUTH	TIONG BAHRU	NATRAHEA (TIONG BAHRU)	298	Tiong Bahru Road	#12-06	Tiong Bahru Plaza	168730	62613053	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 3.00pm - 6.00pm	Closed	Closed	
37	NORTH	YISHUN	NATRAHEA (YISHUN)	930	Yishun Avenue 2	#B1-49/50	Northpoint City	769098	67540010	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm	10.00am - 2.00pm, 4.00pm - 8.00pm (Closed on Christmas & New Year)	
38	CENTRAL	FARRER PARK	PROREHAB FARRER PARK	213	Rangoon Road			218455	88150758	8.00am - 8.00pm	8.00am - 8.00pm	By appointment only	By appointment only	
39	NORTH	UPPER THOMSON	PROREHAB UPPER THOMSON	183	Upper Thomson Road	B1-01	Longhaus	574429	88150758	8.00am - 8.00pm	8.00am - 8.00pm	By appointment only	By appointment only	
40	CENTRAL EAST	POTONG PASIR	RAPHA PHYSIOTHERAPY	2	Tai Thong Crescent	#01-22	The Venue Shoppes	347836	81134164	9.00am - 8.00pm	9.00am - 1.00pm	Closed	Closed	
41	EAST	CHANGI	DISTINCT CLINIC CHANGI BUSINESS PARK BRANCH (PHYSIO)	51	Changi Business Park Central 2	#02-02	The Signature	486066	60470072	9.00am - 6.00pm	Closed	Closed	Closed	
42	SOUTH WEST	BUONA VISTA	REVITALISE NEURO AND SPORTS REHAB	1	North Buona Vista Link	#01-06	Elementum	139691	94247154	8.00am - 7.00pm	8.00am - 2.00pm	Closed	Closed	

**Legend:**

Remarks for the Month of February 2026

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			Newly joined Clinic							<ul style="list-style-type: none"> <li>- Operating hours are indicative; please call the clinic before visiting to avoid disappointment.</li> <li>- Clinics operating hours may change without prior notice.</li> <li>- Last clinic registration: 30 minutes before closing time, or earlier if the number of patients registered exceeds the capacity that the attending doctor and clinic staff can handle without going way beyond standard clinic operating hours.</li> <li>- Surcharge may be imposed for visit after clinic's last registration.</li> </ul>				