

OPERATING HOURS

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S/N	ZONE	ESTATE	CLINIC NAME	BLK	ROAD NAME	UNIT NO.	BUILDING NAME	POSTAL CODE	PHONE	MON - FRI	SAT	SUN	PUBLIC HOLIDAYS	CLINIC REMARKS
1	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	
2	CENTRAL	BUKIT TIMAH	READY FIT PHYSIOTHERAPY (BUKIT TIMAH)	23	Binjai Park			589828	88002351	8.00am - 5.00pm	8.00am - 5.00pm	Closed	Closed	
3	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	
4	CENTRAL	FARRER PARK	MARK & JOKO HEALTH CLINIC	120	Rangoon Road	#01-02	Maple Leaf - Elite 1	218398	63977397	8.00am - 9.00pm	9.00am - 3.00pm	9.00am - 1.00pm	9.00am - 1.00pm	
5	CENTRAL	NOVENA	HEART & LUNG PHYSIO	101	Irrawaddy Road	#16-10		329565	88245175	9.00am - 6.00pm	9.00am - 2.00pm	Closed	Closed	Appointment Basis
6	CENTRAL	NOVENA	MOVEFREE PHYSIOTHERAPY PTE LTD	101	Irrawaddy Road	#20-09	Royal Square @ Novena	329565	97864232	Mon: 8.00am - 6.00pm Tue - Fri: 8.30am - 7.30pm	8.00am - 12.30pm	Closed	Closed	
7	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	
8	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	

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9	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	
10	CENTRAL	ORCHARD	HEARTLAND REHAB @ ORCHARD	111	Somerset Road	#07-02		238164	94247154	8.00am - 9.00pm	8.00am - 3.00pm	Closed	By appointment only	
11	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	
12	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	
13	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	
14	CENTRAL	ORCHARD	YONG KANG TCM & PHYSIO CLINIC (PHYSIO)	320	Temasek Boulevard	#02-319	Level 2 Suntec City Mall	038983	97267911	10.00am - 8.00pm	10.00am - 7.00pm	Closed	Closed	
15	CENTRAL	ORCHARD	OPTIMOVE PHYSIO (FKA LIFESCAN PHYSIO BY SMG)	290	Orchard Road	#16-12	Paragon	238859	60272355	9.00am - 6.00pm	9.00am - 1.00pm	Closed	Closed	
16	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	

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17	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	
18	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	
19	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	
20	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	
21	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	

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22	CITY	MARINA BOULEVARD	READY FIT PHYSIOTHERAPY (MARINA SQUARE)	6	Raffles Boulevard	#03-134	Marina Square	039594	88002351	10.00am - 8.00pm	10.00am - 2.00pm	Closed	Closed	
23	CITY	MARINA BOULEVARD	THE CLINIC GROUP @ MARINA ONE (PHYSIO)	5	Straits View	#01-07	Marina One The Heart	18935	62828518	8.30am - 1.00pm, 2.00pm - 5.30pm	8.30am - 12.30pm (Alternate Saturdays)	Closed	Closed	
24	CITY	RAFFLES PLACE	ONSITE HEALTH PTE LTD (RAFFLES PLACE)	22	Malacca Street	#11-02	Rb Capital Building	048980	82236258	9.00am - 8.00pm	9.00am - 5.00pm	9.00am - 5.00pm	9.00am - 5.00pm	
25	CITY	RAFFLES PLACE	THE CLINIC @ CAPITAGREEN (PHYSIO)	138	Market Street	#02-01A	Capitagreen	48946	63846851	8.30am - 1.00pm, 2.00pm - 5.30pm	Closed	Closed	Closed	
26	CITY	TANJONG PAGAR	ADVANCED PHYSIO CARE	160	Robinson Road	#03-11	SBF Center Medical Suites	68914	97352039	10.00am - 7.30pm	10.00am - 2.30pm	Closed	Closed	
27	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	
28	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	
29	EAST	JOO CHIAT	HEARTLAND REHAB @ JOO CHIAT FORMERLY KNOWN AS HEARTLAND REHAB II PTE LTD	469	Joo Chiat Road			427679	65907805	8.00am - 8.00pm	8.00am - 3.00pm	Closed	Closed	

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										Mon, Tue, Thu, Fri: 8.30am - 2.30pm, 5.30pm - 10.00pm Wed: 8.30am - 2.30pm	9.00am - 3.00pm	Closed	Closed	
30	EAST	KATONG	REGIS WELLNESS (PHYSIO)	437	Joo Chiat Road			427650	98513720					
31	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	
32	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	
33	EAST	PAYA LEBAR	MOVEFREE PHYSIOTHERAPY @ PAYA LEBAR SQUARE	60	Paya Lebar Road	#B1-20		409051	69805550	9.00am - 6.45pm Tue, Fri: 9.00am - 7.30pm Wed: 9.00am - 5.15pm	9.00am - 7.15pm	Closed	Closed	Newly joined panel clinic w.e.f. 1/6/2026
34	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	
35	NORTH	UPPER THOMSON	PRORHAB 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	
36	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	
37	NORTH EAST	HOUANGANG	NATRAHEA (HOUANGANG)	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	

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38	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	
39	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	
40	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	
41	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	
42	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	
43	WEST	JURONG WEST	HALLMARK PHYSIOTHERAPY SINGAPORE	456	Jurong West Street 41	#01-732		640456	80723031	Mon - Wed, Fri: 9.00am - 12.00pm, 2.00pm - 6.00pm Thu: 11.00am - 1.00pm, 2.30pm - 8.00pm	8.00am - 1.00pm	Closed	Closed	

Legend:
Remarks for the Month of June 2026
Newly joined Clinic