ORCHARD
ORCHARD TOWERS

400 Orchard Road #12-12
Singapore 238875
Call / Whatsapp : 8800 1830
Sundays : Physio Available From Nov. 2026
Hand Therapy Available From Aug. 2026

ORCHARD TOWERS Wheelchair Access:
- Pickup / Drop-off @ Carpark Level 4 (Lift Landing)
- Ground floor front & back entrances have steps

Scan for Map & Directions

TAMPINES
ASIA GREEN

9 Tampines Grande #01-20
Singapore 528735
Call / Whatsapp : 8780 9608

(Ground floor next to Harry's bar)
Sundays : Physio Available

Scan for Map & Directions

SERANGOON

265 Serangoon Central Dr. #04-269
Singapore 550265
Call / Whatsapp : 8892 4121
Sundays : Massage Available

ONLY take Lift C which is a Single Lift (NOT double lifts) located on Level 1 Hidden behind the SAM machine.

Scan for Map & Directions

TANJONG PAGAR
INTERNATIONAL PLAZA

10 Anson Road #02-77A
Singapore 079903
Call / Whatsapp : 8227 7074

Scan for Map & Directions

JURONG
VISION EXCHANGE

2 Venture Drive #02-02
Singapore 608526
Call / Whatsapp : 8242 7340

(1st October 2026 Onward)
Sundays : Physio, Hand Therapy & Pilates
Available From Oct. 2026

Scan for Map & Directions

Clinic Hours : Weekdays 9am – 6pm | Saturdays 9am – 2pm

1. Scan the QR code for our location, directions, and contact details.
2. Arrive 10 minutes earlier to register & wear comfortable, loose clothing.
3. We'll send a reminder at least one day before.
4. Need to reschedule? Tell us early so we can offer your slot to waitlist. Thank you!

SCAN TO BOOK
24/7 WhatsApp Bot → Instant confirmation.
If bot not working OR prefer to call or WhatsApp us directly, see next page.

REV. AUG 2026

Digital Referral form web URL: phoenixrehabgroup.com/referral

PHOENIX REHAB

PHYSIO & HAND

After Surgery Rehab | Sports Injury | Bone/Muscle/Joint Pain

❑ Orchard 8800 1830
❑ Tampines 8780 9608
❑ Serangoon 8892 4121
❑ Tanjong Pagar 8227 7074
❑ Jurong 8242 7340

REQUEST FOR THERAPY

PATIENT STICKY LABEL / INFO

DOCTOR / CLINIC

CLINICAL DIAGNOSIS, INSTRUCTIONS & CONTRAINDICATIONS

PHYSIOTHERAPY

- ☐ Neck / Back / Tailbone
- ☐ Shoulder / Scapula
- ☐ Sacrum / Pelvis / Groin
- ☐ Hip / Knee / Patella / Shin
- ☐ Heel / Ankle / Foot
- ☐ Pain Relief
- ☐ Functional Strengthening
- ☐ Balance / Proprioception
- ☐ Postural Correction
- ☐ Ergonomic Consultation
- ☐ Sports Taping
- ☐ Return To Sports / Work
- ☐ Running Gait Analysis
- ☐ Post Op Rehab
- ☐ Foot Orthotics (Insoles)
- ☐ Shockwave Therapy
- ☐ Dry Needling
- ☐ Deep Tissue Release

MASSAGE

- ☐ Deep Tissue Release
- ☐ Sports Massage

TCM

- ☐ Acupuncture
- ☐ Cupping
- ☐ Herbal Medicine

SPLINTING / HAND THERAPY

SPLINTING

ELBOW

- ☐ Static Elbow ☐ Muenster

WRIST / FOREARM

- ☐ Wrist Cock-up (Volar / Ulnar)
- ☐ Dorsal / Palmar Block
- ☐ Intrinsic Plus Splint
- ☐ Carpal / Radial / Tunnel Splint
- ☐ Scaphoid Brace
- ☐ Static Tendon / Protocol Splint
- ☐ Radial Nerve Palsy / Nerve Injury-related Forearm Splint

HAND

- ☐ Thumb Spica (Short / Long)
- ☐ Scaphoid Brace
- ☐ Yoke Splint

FINGER / THUMB

- ☐ Finger Gutter ☐ Anti Trigger
- ☐ Mallet ☐ Buddy Splint

OTHERS

- ☐ Shoulder Clam-shell(Sarmiento)
- ☐ AFO (Static)
- ☐ Knee Extension

TREATMENT

- ☐ At therapist discretion
- ☐ Elbow / Forearm / Wrist Therapy
- ☐ Hand / Finger Therapy
- ☐ Stretches / Glide / ROM
- ☐ Joint Mobilization
- ☐ Scar Management
- ☐ Edema / Swelling Treatment
- ☐ Strengthening
- ☐ Stiffness / Adhesion
- ☐ Pain Relief

REHABTECH

- ☐ Shockwave Therapy
- ☐ Insoles (Semi-custom)
- ☐ Ultrasound Therapy
- ☐ Interferential Therapy
- ☐ Radio-frequency (Serangoon)

CRANIOSACRAL / ALT

- ☐ Craniosacral Therapy
- ☐ Visceral Manipulation

HOME VISIT / THERAPY

- ☐ Hydro / Aqua Therapy
- ☐ Physiotherapy
- ☐ Occupational Therapy

See Our Team!

PhoenixRehabGroup.com

REV-AUG 2026