

FREQUENTLY ASKED QUESTIONS

What kind of physiotherapy do you provide for Parkinson's disease?

We take an exercise based to address different aspects like flexibility, strength balance etc. It may also include tips and techniques to help with daily movement ie standing, walking, turning etc. The focus is different for each individual depending on their needs.

Do you see any other types of patients apart from Parkinson's disease?

We see other neurological conditions like PSP, MSA, Stroke, Multiple Sclerosis, ALS etc. We also treat common vestibular disorders like BPPV and uncompensated vestibular neuronitis. We also manage common geriatric conditions - post hospitalisation deconditioning and falls.

How long is each session?

Each session is approximately 45 minutes to 1 hour long.

How many sessions will I need and how frequent?

This depends on each individual at their stage. We would be able to advise you better after the initial consultation.

Do I need to bring anything for the first session?

Please bring your latest medical report if available and a list of your medication.

What should I wear?

Do wear comfortable clothes that are easy to move in. If able, please wear walking or sport shoes.

Do you provide home visitation?

Yes. But this is limited and reserved for those who have great difficulty traveling outside.

Is your facility wheelchair accessible?

Our centre is on the ground floor with slope for wheelchairs.