

SINGAPORE HEALTH SERVICES



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As a physiotherapist working in the Active Recovery and Training Centre (ARTC), I care for patients who are undergoing rehabilitation, most of whom are commonly present with stroke.



My job is to help patients with physical injuries regain function and movement. I get to journey alongside my patients in their recovery through therapy and exercise. Seeing them stand, walk or even run for the first time after suffering an injury or stroke, brings me great joy and fulfilment.



Being a physiotherapist also means keeping active and promoting exercise! In 2018, as part of Changi General Hospital's Physiotherapy Day celebrations, I had the opportunity to work with my colleagues to create a 30-minute exercise programme tailored for elderly patients. It was very well-received by both the physiotherapists and patients, and helped to raise awareness about the importance of physical activity for the elderly.



In 2017, I had the opportunity to work with and learn from Irish physiotherapists during a five-week attachment in Dublin, Ireland. This placement gave me a fresh insight into patient care in neuro-rehab, and it was an eye opener to see how patients in Ireland take individual ownership over their own rehab and health! I saw the pivotal role that physiotherapists play in health education and promoting lifestyle behaviour changes, and hope to apply the knowledge gained to my own practice in Singapore.