



TOTALLY FIT

Empower yourself to a new beginning here in Singapore and set yourself free from disheartening physical and psychological pain. The **MARK & JOKO HEALTH MANAGEMENT CLINIC** was established in 2009 to provide in-depth and personalised rehabilitation and fitness training to alleviate pain, help achieve fitness goals and improve your quality of life. Their services include physiotherapy and chronic pain management, personal training, weight management and sports massages. With over 20 years of experience in the medical, sports and rehabilitative fields, the clinic is the only private physiotherapy facility in Singapore that blends physiotherapy, Pilates and strength training to help individuals achieve their maximal physical potential. If you have any queries about your pain or if you are going for surgery and want a second opinion, give them a call today.

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