

Musculoskeletal Health

Musculoskeletal health

The musculoskeletal (MSK) system refers to the complex network of bones, muscles, joints, ligaments, tendons, and other connective tissues that provide the body with structure, support, and the ability to move. This system plays a crucial role in various functions, such as providing the body's framework, enabling movement, protecting vital organs, and facilitating physical activities.

Maintaining the health and proper functioning of the musculoskeletal system is essential for overall well-being, as it directly impacts an individual's mobility, flexibility, and quality of life.

Health Benefits of Physical Activity

Engaging in regular exercise can reap numerous health benefits. All you have to do is to engage in at least 150 to 300 minutes of moderate-intensity aerobic physical activity such as jogging, brisk walking, swimming, cycling and at least 2 days of muscle- and bone-strengthening activities every week.

Our services includes:

Management of MSK Conditions

- Hip pain
- Knee pain
- Shoulder pain
- Neck pain
- Sports injuries
- Knee injuries
- Frozen shoulder
- Falls
- Sprains
- Tendinopathies
- Tennis elbow
- Golfer's elbow
- Achilles tendinopathies
- Carpal tunnel syndrome
- Trigger finger
- Plantar Fasciopathy
- Osteoarthritis

Available Treatments

- Knee Hyaluronic injections
- Platelet-rich plasma injection

Pre-exercise screening


- Sedentary people who want to start vigorous exercises for example running a marathon;
- People with chronic medical conditions such as diabetes, renal disease, heart disease, hypertension etc who want to start moderate to high intensity exercise
- Includes consultation with doctor, may need additional blood test/investigations, separate charges may apply

We work together with allied health professionals to manage your MSK conditions holistically.

Other forms of treatment modality may be available in due course

Contact us today to find out more

Suntec City, 3 Temasek Boulevard
#03-330 (Tower 1-2, North Wing)
S038983

 info@bethesda.com.sg

 6337 8933