



*Physiotherapy
Personal Training
Pilates
Weight Management
Sports Massage*



Our Mission

Mark & Joko Health Management Clinic was set up to provide the highest standard of care in managing matters related to physical health and fitness. Through our commitment in providing excellent care, we hope to improve the quality of lives of the community and to raise the standards in the rehabilitative, health, sports and fitness industries.

Our Uniqueness

With over 28 years of experience in the medical, sports, rehabilitative and education fields, our clinic is the first private physiotherapy facility in Singapore that blends physiotherapy, Pilates and strength training to help individuals achieve their maximal physical potential.

Our clients can expect to work out and rehabilitation in privacy, in a warm and friendly environment, aided by state-of-the-art equipment.



We complement our training approaches with field observation to ensure the goals of the individual are met. We go the extra distance to give solutions that work and instil confidence in our clients.



Our Specialization

We formulate comprehensive and holistic treatment approaches, integrating the knowledge of medicine and the science of biomechanics in movement and physical fitness training, to manage your physical condition and pain more effectively.

a) Physiotherapy

Our physiotherapy services include musculoskeletal screening, and rehabilitation for any musculoskeletal, sports, spinal, cardiopulmonary and neurological conditions.



b) Personal training for children, adults and family

One-to-one personal training gives you undivided attention and is the most effective way to improve your body to achieve the goals you set for yourself. We also cater private training for couples or a small group of threes or fours.

c) Pilates and rehabilitation

We combine the benefits of both Classical and Clinical Pilates to help you with pain management and achieve the best results in body toning and fitness.



d) Strength and conditioning

With over 28 years of experience, our programmes are sports specific to meet your needs, in preparing you to participate in leisurely sports or to achieve a higher level of athletic performance.

e) Weight management and body conditioning

We use a variety of training equipment and adopt various training approaches, including cardiovascular and circuit training, to help you condition your body and to achieve weight loss.

f) Myofascial release and Sports massage

Clinical massage administered by trained professionals compliment muscle recovery and release muscle tension.

g) Ergonomic / Worksite evaluation

Onsite assessment helps identify the causes of musculoskeletal aches and pains. Empower yourself and your co-workers with the knowledge to enhance your physical wellbeing without sacrificing your health while excelling at work.

h) Educational workshops

We conduct educational workshops on various topics related to health. Please contact us for more details.

i) Home visits & Private consultations

We provide the convenience of rehabilitative care and personalized physical training at your own home.

Our Programmes

Physiotherapy & Exercise Rehabilitation

- ✚ Orthopedic and sports physiotherapy rehabilitation
- ✚ Cardiac rehabilitation
- ✚ Neurological rehabilitation

Personal Training / Private Group Training for Children, Adults and Family

- ✚ Fitness training & body sculpting
- ✚ Sports specific functional training and coaching
- ✚ Pilates

Group Classes

- ✚ Pilates Matwork
- ✚ Pilates Reformer
- ✚ Spine Corrector
- ✚ Foam Roller
- ✚ Swiss Ball
- ✚ Antenatal and Postnatal

Weight Management Programme

- ✚ Private one-to-one
- ✚ Group workout

Testimonial

I suffered from reactive arthritis 3 years ago which affected some of my joints but primarily my right knee. I was in constant pain even at rest. A simple task like walking was difficult, especially going up a flight of stairs. For the first time in my life, I understood how an elderly person must feel, why they needed support just to walk up or down a few steps.

I was told by my doctors to live with the pain, take painkillers and with time, the pain would hopefully go away. However, the doctors did not understand how debilitating it was to be in constant pain. It affected my work and everyday life. I was miserable, angry and frustrated as I used to be very active and athletic.

I was desperate and willing to try anything. I investigated alternate remedies and traditional physiotherapy before coming to Mark & Joko. With their help, I am now pain free and have since achieved greater heights in my physical performance than before my injury. I participated in my first triathlon this year, placing well in my category. Thanks to Mark & Joko for giving me back my life.

- Ling Khoo Hsing, Veterinary Surgeon

When I first walked into Mark & Joko's Clinic, I had already broken my left arm three times and my right arm once. Over the course of two months, I developed skills that were lost when I broke my arms. I couldn't do handstands cartwheels, push ups, or even a simple somersault. After weeks of rebuilding strength using their many exercise equipment, I could walk on my hands again!

I could finally do what I couldn't do after I had broken my arms. What was also fantastic was that they not only build my strength, but my confidence too. I had such a great experience in their training and physiotherapy sessions, which had helped me so much.

- Kirsten Nowak, student

Locate Us

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