



ACTIVE
PHYSIOTHERAPY

Vision Book



UNLEASH YOUR INNER STRENGTH, REGAIN YOUR ACTIVE LIFE

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Our Story so far...

Activex Physio began in 2022 with a vision to create a welcoming space and community, where people can tell their story and goals. To empower others, unleash their inner strength, and regain their active life.

Our mission is to empower, educate, and equip individuals with an understanding of their injury and body. With knowledge comes the ability to take control of one's health. We only have one body and one life; it is your own responsibility to look after it.

To achieve this, we believe it begins with our team.

A chain is only as strong as its weakest link. That's why at Activex Physio, we work as a team to lift each other up. To this end, we prioritise cultivating an environment of growth, accountability, and excellence.



Helen Nguyen
Founder & Physiotherapist



VALUES

Strength Culture

Strength as a pillar of movement. We focus on an exercise based approach with strength as the foundation.

Client Centered

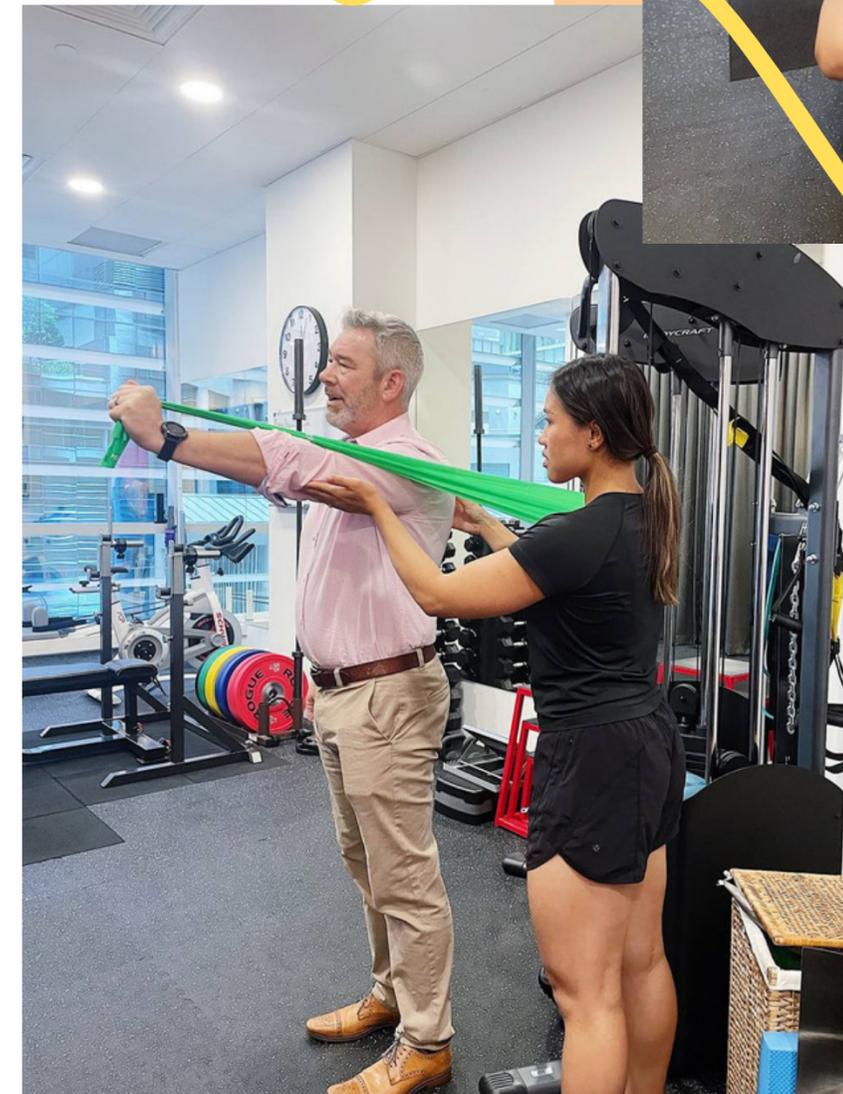
We are dedicated to our clients; to facilitating lasting positive change, and empowering individuals to lead healthier, more active lives.

Growth Orientated

We are continually growing our skillset and forward looking. We strive for excellence to deliver excellence. We are committed to continuous learning and evidence-based practices.

Community Driven

We want to add value to the community around us.



THE TEAM

I learned so much from our Physios, they've educated me about a human's body and why it's so important to take good care of it. They are heavily involved in the strength community and culture, that's how they inspire me to be better and stronger mentally and physically. The team is dedicated to the work and committed to their patients to helping and guiding them in the best way tailored to their needs.

Everyone here motivates and supports me in my work, cares for my health, future and goals. I am really glad to be part of the Activex family.



Fredha
Receptionist



Kai
Receptionist

Activex Physio is a team that I am proud to be a part of. Everyone holds themselves up to the highest possible standard and pushes themselves to ensure that our patients' needs are met.

Patients come with injuries and leave stronger. We care for our patients by forming a bond and through that, understand their recovery goals and do our best to bring them there.

As a team and family, we are driven to continuously grow and learn to bring our patients the best care.

The sense of community that Activex fosters is like no other. It's not just a place for rehab, but a safe space for patients and the team to learn and grow together. Being a part of this team of really caring and amazing people motivates me to consistently better myself.

It's so rewarding to play a part in getting our patients better and stronger than before. I love that the team has a background in various sports and performing arts, which places us in the unique position of having an innate understanding when we prepare our clients for the demands of their sport.



Hui Lin
Physiotherapist



OUR COMMUNITY

My name is Kelvin, I am a PT from Statera personal training. Had a client Venetia who suffered pain around the chest/ribcage area after a minor car accident. Knowing that it's out of my expertise I referred her to Helen from Activex.

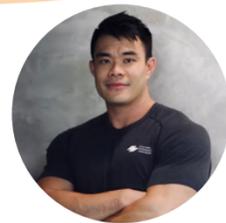
She has been really helpful and professional. Firstly, she diagnosed the issue quickly and after the first session, client's chest pain reduced significantly.

She explained briefly to my client what was causing the issue and taught her exercises to improve her thoracic mobility which was the root cause of the issue. As a PT I always believe that knowing the 'why' is important to ensure that they perform the exercises with intention. With that I know that Venetia is in good hands.

Helen also keeps me updated on her progress so I can also work with her to speed up the process of recovery so that she can continue training at top performance asap.

After 4 sessions, client was discharged from treatment and could resume training at 100 percent.

Would highly recommend Activex to anyone who needs help in pain relief!



Kelvin Tan
*Personal Trainer at
Statera Personal Training*

As a strength coach, I have known and worked with Helen since 2018 to improve the well-being of my clients, whether they are in the prehab, maintenance or rehab stage of their fitness journey.

Being like-minded regarding the role of each stakeholder in the fitness industry and how we can collaborate, we have now an open communication channel, with a well-established system of two-way reports and feedback to close the loop between myself and my clients' physiotherapist.

This ensures that their training at the gym is always aligned with their rehab/prehab plans and goals set out for them. This has been a refreshing change in the local fitness scene, one which Helen has certainly contributed very positively to.

It also helps that Helen is familiar with powerlifting, and barbell training and movements in general. I'll probably never find a physiotherapist more perfect for myself and my clients!



Daphne Loo
Coach at Strength Avenue



Myren Fu
Head Coach at Higher Performance

There's a reason why all coaches and clients from Higher Performance go to Helen at Activex.

She treats athletes as she herself is an avid athlete.

Make no mistake, this is not your run of the mill, ultrasound applying, rest and don't lift kind of Physio.

You can rest assured that you are in good hands with the team at Activex as she and Hui Lin walk the talk and are constantly learning.

OUR COMMUNITY



Dr Nicholas Yeo
*Senior Consultant
Orthopaedic Surgeon at
Singapore General Hospital*

It has been a pleasure working with Activex Physio over the past years. They have provided professional, collaborative and quality care for my patients with sports related injuries. Numerous patients of mine have returned to a high level of sports following rehabilitation under the guidance of the excellent Activex Physio team.

Keep up the fantastic work!

OUR CLIENTS

I have had chronic back pain for a lot of my life and rely so heavily on the Physios at Activex. I see them at least once a week and without them, I'm not quite sure how I would be able to keep my day job!

I have tried many physiotherapists over the years and Helen and her team are by far the best! They are so knowledgeable, compassionate and friendly. As soon as you walk into the clinic you are greeted by warm smiles all round, which always brightens up your day (the coffee and chocs always help too!)



Luisa Vass



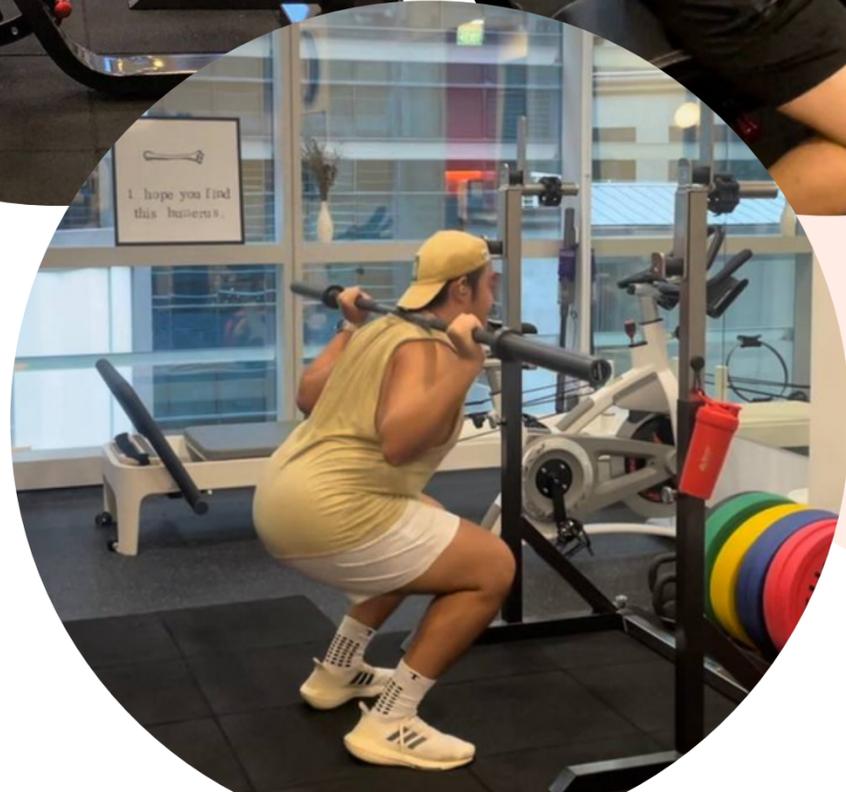
Cosmas Hoo

As an Artiste, our bodies are constantly on the clock, working and creating our artistry to form masterpieces or choreographies that feeds the media/clients. Hence, our bodies are constantly in need of a good Physiotherapist and Ms Hui-Lin Chua never fails to upkeep my tired body and fix it to improve my well-being whether in rehab or maintenance of my fitness journey.

As an experienced dancer herself, she knows and are aware of the needs and problems that dancers experienced thus having to guide us patiently and most importantly, help us in ways that ensure our strength and mobility are back stronger than ever! Not only that, Ms Hui-Lin Chua also dedicated her time and effort in ensuring that our bad habits are ticked off in ways that we artists over compensate due to our tired bodies. This is one thing that is most commendable as rarely one can find such passionate Physiotherapist that goes all the way to help her patients.

STRENGTH CULTURE

CLIENT FOCUSED



GROWTH ORIENTATED

Professional Development

Women's Health and Pelvic Floor Dysfunction
with Embrace Physiotherapy



Concussions & Musculoskeletal Ultrasound
with Cove Orthopaedic Clinic



COMMUNITY DRIVEN

Singapore Powerlifting Open 2022



COMMUNITY DRIVEN

WISE Office Ergonomic Talks



"Strength is not just about lifting weights, it's about lifting each other and empowering our communities to reach their full potential."



COMMUNITY DRIVEN

GRITYARD

“How Posture Can Enhance Performance”
"Myth and Truth on Posture During Deadlifts"



What's next...

At Activex Physio, our vision is to be at the forefront of strength-based exercise rehabilitation in Singapore. Our focus on empowering individuals to reach new heights of strength, performance, and quality of life is at the core of everything we do. We are dedicated to raising the bar and setting a high standard of care, and this is reflected in our three key areas of focus:

1. Strength Culture as a Principle:

We believe that a foundational level of strength is essential for maintaining independence, reducing the risk of injury, and performing daily tasks with ease. Our commitment to this principle drives us to prioritize strength as the foundation of all our services.

2. Community Connection:

Community involvement is a core value at Activex Physio, and we believe in promoting health and wellness beyond the walls of our clinic.

We want to continue participating in and supporting local events and businesses whose values align with our greater mission, and to collaborate with community organizations to provide educational resources on injury prevention and management. By giving back to the community, we hope to inspire and empower individuals to take charge of their health and well-being.

3. Education and Training:

Our investment in education and training programs for our team, along with continuous collaboration with other health care professionals, allows us to share our knowledge and expertise with others. We are committed to helping others understand the importance of exercise in rehabilitation and making a lasting impact on the lives of those we serve.

Our unwavering commitment to these three areas of focus, alongside our personalized approach and expert guidance, sets us apart as a leader in strength-based exercise rehabilitation. By fostering a culture dedicated to continuous growth and learning, we are confident that we can make a lasting impact on the lives of those we serve. Join us in our mission to empower individuals to reach their full potential through active rehabilitation and exercise.



ACTIVE X
PHYSIOTHERAPY