MUSCULOSKELETAL PHYSIOTHERAPY
SPORTS INJURY PHYSIOTHERAPY
SPINAL PHYSIOTHERAPY
EXERCISE PRESCRIPTION AND FUNCTIONAL REHABILITATION
POST SURGICAL REHABILITATION
PILATES AND CORE STRENGTHENING
PRE AND POST NATAL PHYSIOTHERAPY
WORK PLACE HEALTH AND ERGONOMIC ADVICE
In Touch Physio is a dynamic and professional practice treating sports injuries and spinal pain.

In Touch Physio's philosophy is to empower people to help themselves, whether it be recovering from injury, correcting muscle imbalance or improving sport performance. When people are pain free and moving well, this all adds to their quality of life.

We are dedicated to the diagnosis, treatment, rehabilitation and prevention of sports injuries and musculoskeletal problems.

Our goal is to resolve pain, minimise injury time, maximise function and promote early return to activity and sport. We also analyse and address core issues for the individual, to then be able to advise on injury prevention.

CARIN PENBERTHY
Director / Physiotherapist
B.Sc. Physio. (Aust.); B.P.H.E. (Aust.); M.S.P.A.
Clinical Pilates

Carin Penberthy is an Australian physiotherapist with 19 years experience. She holds two degrees: Bachelor of Physiotherapy (1997) from Curtin University, Western Australia; and a Bachelor of Human Movement (1993) from University of Western Australia.

Carin has worked for 18 years in private practice in Perth, Western Australia and Singapore. She has worked with a variety of athletes, with predominant interest in triathletes and iron man athletes, as well as worked with the Asian Professional Golf Association.

Carin’s specific interest lies in understanding the biomechanics and cause behind injury/pain to ensure correct manual therapy techniques and exercise prescription are used to optimize recovery time and prevent injury from recurring. Carin is very sports-orientated herself and is knowledgeable in most sports.

ALPHONSE TRANNE
B.Sc.Physio. (Aust.)
Polestar Pilates Rehabilitation

Alph is an Australian physiotherapist who graduated from the University of South Australia with a Bachelor of Physiotherapy in 1998.

He has over 18 years experience in the treatment of sports injuries and has worked in Australia, UK, Germany and Singapore.

Alph has worked for the British Army with high-level athletes and dealt with complex injuries both pre and post-deployment. He has also worked with clubs in State League Soccer and Amateur Aussie Rules Football teams in South Australia.

Alph specializes in treatment of shoulder and spinal injuries. Alph has a keen interest in identifying muscle imbalances and correcting these, especially in keen athletes. He looks at each injury from a holistic point of view to make sure that all problems are addressed.
Kat graduated from Otago University, New Zealand in 1994 with a Bachelor of Physiotherapy and has 22 years experience in musculoskeletal assessment and treatment. In 2003 she completed a Graduate certificate in Manual Therapy at Curtin University, Australia, and in 2004 she completed the Polestar Rehabilitation Pilates course.

Kat has worked in New Zealand, U.S.A and the United Kingdom. Most recently she owned a successful multi-practitioner physiotherapy and pilates practice on Harley Street in London for 7 years before moving to Singapore with her young family.

Kat has a keen interest in spinal (back, neck) and lower limb (hip, knee and ankle) pain and dysfunction, and has considerable experience treating both dance related injuries and pregnancy-related (pre and post natal) musculoskeletal issues. She often incorporates pilates-based exercise into her clients rehabilitation to facilitate their recovery from injury.

Lucie Lamprey is an experienced physiotherapist trained in the UK, Singapore and Australia. She attained her B.Sc. (Hons) in Physiotherapy from the University of Southampton (UK), became a Clinically Certified Exercise Specialist through the American College of Sports Medicine (ACSM, Singapore) and recently completed her Masters of Manual Therapy from the University of Western Australia.

Lucie has 8 years of clinical experience and believes that utilising manual therapy and functional exercise generates the most efficient/effective recovery. In order to achieve greater results with her patients, Lucie recently completed her Masters of Manual Therapy, which has advanced her assessment and treatment skills in the musculoskeletal field, especially the spine. Her extensive exercise knowledge comes through her ACSM course completed in 2013. This has provided her with specialist abilities to assist in detailed exercise programs for athletes. Lucie specialises in treatment of the spine, pelvis and lower limb sports injuries. She carries out injury rehabilitation as well as being actively involved in injury prevention. She works closely with those that live an active lifestyle.

Mark Chan is a physiotherapist with 8 years of clinical experience. He graduated from Curtin University of Technology, Australia in 2007 with a Bachelor of Physiotherapy (Hons). He completed his Masters degree specialising in Musculoskeletal and Sports Physiotherapy from the University of South Australia in 2011. He completed the Dance Medicine Australia Clinical Pilates program in 2012.

Mark has worked in Singapore for 9 years in a Musculoskeletal and Sports Medicine clinic within a public hospital. He works closely with several Orthopaedic surgeons and Sports Physicians and has extensive experience in managing post-op rehabilitation and sports injury management. He has a particular expertise with the management of shoulder, knee and running injuries. Mark is passionate about long distance running and participates regularly in half and full marathon events such as the Sundown Marathon, North Face 100 and Standard Charted Marathon.

Mark routinely assesses functional movements to identify biomechanical faults and asymmetries that predispose keen athletes to injuries, and directs treatment to the source. He utilizes a variety of manual therapy techniques to treat soft tissue muscle dysfunction commonly found in athletes as well as ergonomic related neck and back strains.
We are conveniently located in Raffles Place, in the heart of the Singapore CBD, easily accessible by Raffles Place MRT.

Call 6533 0968 or email admin@intouchphysio.com to make an appointment.