



Rehabilitation Care

Empowering Recovery, One Step at a Time

Is Rehabilitation for You?



Recovering from an injury, surgery or illness



Struggling with daily tasks (e.g. feeding, dressing, toileting)



Living with cancer, stroke, dementia or other neurological conditions



Experiencing pain, stiffness or weakness that limits daily movement



Facing age-related physical or cognitive decline



Aiming to enhance overall function, mobility and independence



The SLH Difference



Comprehensive Care, Every Step of the Way

From hospital to home, we provide a full spectrum of rehabilitation services — ensuring seamless and continuous support for your recovery.



Holistic Care Philosophy

Our Clinical, Social, Pastoral care model addresses your physical, social and emotional needs, restoring you beyond wellness to wholeness.



Award-Winning Excellence

Nationally recognised for service quality and innovation, we deliver proven rehabilitation programmes designed to guide you towards peak recovery.



Your Care, Our Collective Expertise

Our team of healthcare professionals works together to design a personalised care plan tailored to your unique needs.

Our Services



Rehabilitation Care

Physiotherapy



Reduce pain, improve balance, and boost mobility — so you can keep doing the things you love.

- Physical, mobility, and balance training
- Pain relief
- Fall prevention and caregiver training
- Hydrotherapy

Occupational Therapy



Regain independence in daily tasks so you can return to your routine — like self-care, work, and leisure through:

- Retraining to perform daily tasks
- Equipment prescription and motorised device training
- Caregiver training to provide safe support with daily activities



Speech Therapy



Improve speaking ability and swallowing — so you can stay connected and confident.

- Assessing and treating difficulties with chewing or swallowing safely
- Helping with speaking challenges (i.e slurred speech, stuttering)
- Improving memory, attention, and how someone expresses or understands ideas

Music Therapy



Support physical recovery, enhance cognitive function, and facilitate psycho-emotional processing through the use of music therapy interventions for holistic functional rehabilitation including:

- Improving motor skills and coordination
- Enhancing memory, attention, and cognitive function
- Supporting respiratory function through music-based breathing exercises

Art Therapy



Support mental well-being through creative expression — helping you explore feelings, manage emotions, and build confidence.

- Creative expression through art
- Increased self-awareness and motivation
- Empowerment and personal growth



Social & Emotional Support

We journey with you and your family, offering practical, emotional and spiritual guidance along the way:

- **Counselling and social work support** to address emotional, practical and financial concerns
- **Pastoral and spiritual care** to bring comfort, hope and purpose
- **Recreational and group activities** that foster connection, engagement and well-being



Caregiver Support

We support families and caregivers with knowledge, guidance and emotional care, helping them provide the best support for their loved ones.

- **Caregiver education and training** on safe transfers, mobility assistance and home exercises
- **Guidance on home modifications and fall prevention** to create a safer environment
- **Counselling and support** to strengthen emotional and financial well-being



Integrated Rehabilitation and Exercise (iReX)

Our iReX programme combines therapy and fitness to help you get well, stay well, and enjoy greater independence and a better quality of life.

“
**The
physiotherapist
kept encouraging
me, saying I was
making progress.
So I was really
happy.**”

*Mr Ng
iReX Participant*



Government Subsidy

If you're a Singapore Citizen or Permanent Resident, you may qualify for subsidies based on the National Means Test.

**Reach out to check your eligibility —
we're here to help.**



**Learn more
about our charges**

**Get access to comprehensive Rehabilitation Care services
from St Luke's Hospital today.**

Get in Touch with Us



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SCAN ME



Learn More



St Luke's Hospital is a trusted community care provider offering a comprehensive range of services, including inpatient and outpatient care, home care, community programmes, and specialised support in rehabilitation, dementia, wound care, and palliative care. We are continuously enhancing our expertise to provide even better care for patients with complex needs.

Information is correct at time of printing (Dec 2025) and is subject to change without prior notice. Posed photos are for illustration purposes only.

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