

MANAGING ACHES & PAINS FROM YOUR HOLIDAY TRAVELS

THURSDAY, 3 NOVEMBER 2022

12.30PM – 1.30PM

Zoom Platform



Travel demand is increasing as border restrictions are lifted. Vacations are fun and relaxing. However, it is not uncommon for us to return home with aches and pains from all the walking, outdoor activities, and carrying heavy things (e.g., shopping bags, luggage!).

So, how can we better prepare for our vacations and deal with any aches and pains that may arise?

The talk will cover the following content:

- Understand the common causes of aches and pain
- Exercises to prepare for a better holiday experience
- Proper ways of managing your luggage
- Exercises in sitting and standing for pain relief

REGISTER NOW!



Interested participants can register via the QR code or visit <https://bit.ly/TTSHphysioworkshop2022> by 27 Oct 2022.

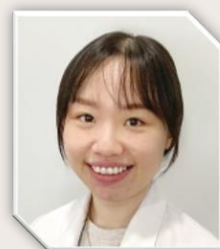
Registered participants will receive an email notification with the Zoom Webinar details for the event.

OUR SPEAKER

Ms Lim Hui Ling works in the Physiotherapy Department of Tan Tock Seng Hospital (TTSH). She has worked at TTSH for more than seven years.

Ms Lim is the Clinical Lead for the TTSH Pain Management Clinic's Pain Physiotherapy Team. She is also actively involved in clinical education for students and junior physiotherapists.

Musculoskeletal conditions, chronic musculoskeletal pain management, and vestibular rehabilitation are among her clinical interests and specialties.



Lim Hui Ling
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