

# Join the **NHG SPINE CENTRE** for an educational talk.

## **CAN I AVOID SPINE SURGERY?**

### **PRACTICAL TIPS.**



Back pain doesn't always mean surgery.

With the right knowledge and daily practices, most people can manage their symptoms and prevent their condition from worsening.

In this webinar, our speakers will walk you through evidence-based tips and treatment options that can help you maintain a healthy spine and make informed decisions about your care.

#### MODERATOR



##### **DR KELVIN LOR**

Deputy Head & Senior Consultant  
Orthopaedic Surgery  
Khoo Teck Puat Hospital  
Exco, NHG Spine Centre

#### SPEAKERS



##### **DR WAYNE YAP**

Consultant  
Orthopaedic Surgery  
Tan Tock Seng Hospital  
Exco, NHG Spine Centre



**31 JANUARY 2026 | SATURDAY**

**2:30PM - 3:30PM**

Register using the QR code or link below:

<https://for.sg/nhgspinecentrepf>



For more information, contact  
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##### **DR ROBIN PILLAY**

Senior Consultant  
Neurosurgery  
National Neuroscience Institute



##### **DR VALERIE NG**

Consultant  
Rehabilitation Medicine  
Tan Tock Seng Hospital

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