



PROHEALTH  
SPORTS AND SPINAL  
PHYSIOTHERAPY CENTRES

TLC MEMBERS

# About Prohealth Asia

At Prohealth Asia, we go beyond healthcare – we're your trusted partner in movement, recovery, and strength. With 30+ years of experience and 70,000+ happy patients served, we are dedicated to helping you move better, recover faster, and feel stronger every day.

Our clinics across Hong Kong, Singapore, the Philippines, and India combine local expertise with regional best practices to deliver personalised care. Whether you're recovering from an injury, managing a chronic condition, or simply looking to enhance mobility, our expert team is here to support you.

## 4 Countries



Clinics spread across the APAC region in Hong Kong, Singapore, Philippines and India



## Our Community

In 2025 across the regions we treated over 6,500 Patients across over 51,000 Appointment



## Multidisciplinary Team

Physiotherapists, Massage therapists, TCM Doctors, Osteopaths and Orthopaedic surgeon

# Our Locations

Prohealth Asia Hong Kong is a premier network of specialized centers (including Sports & Spinal, Posture Plus, and Bone Health) in prime locations like Central, Quarry Bay and Tsim Sha Tsui. Driven by an experienced international team, we deliver highly personalized, evidence-based physiotherapy and rehabilitation across advanced disciplines.

We focus on complex conditions, sports injury management, orthopaedics, and corporate wellness, ensuring our busy, diverse clientele achieves optimal recovery and moves with total confidence.

## Tsim Sha Tsui

- Suites 1326–27, 13/F, Ocean Centre, Harbour City, 5 Canton Rd

## Central

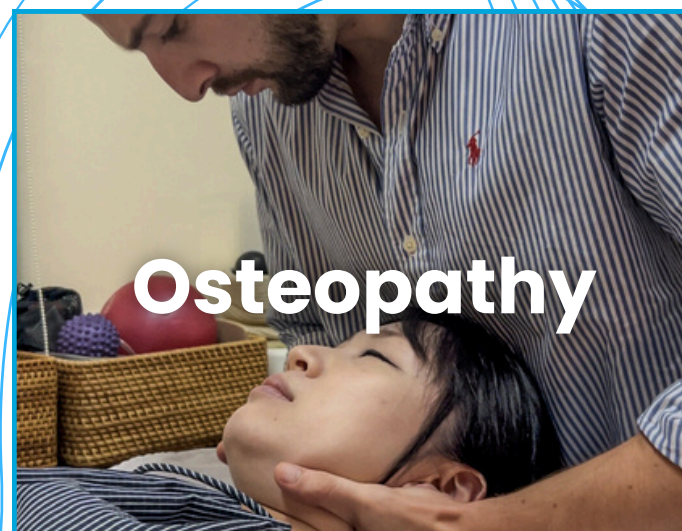
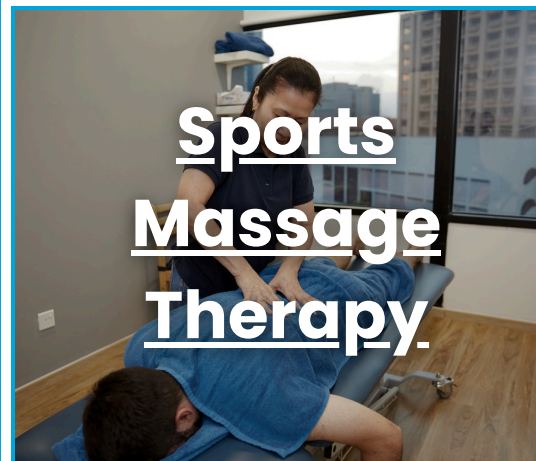
- Unit 1202, 12/F, World Wide House, Central
- 15/F, 50 Wellington St, Central
- 9/F, Che San Building, 10 Pottinger St, Central

## Quarry Bay

- Rm 1706, 17/F, FWD Tower, Taikoo Place

# Our Services

We provide expert physiotherapy and rehabilitation services focusing on movement, recovery, and strength. We offer comprehensive, evidence-based care for spinal, orthopaedic, and sports injuries, alongside specialised programs for Women's Health, Paediatrics, and Workplace Wellness, all designed to help you move better and live life to the fullest.



# Our Corporate Partners

We partner with many companies across each region providing them with health and wellness services as well as bespoke physiotherapy services. As a leader in corporate wellness and sporting events we look forward to working with you.

## Previous Companies Partnered with:



COHEN  
& STEERS



standard  
chartered



concentrix™

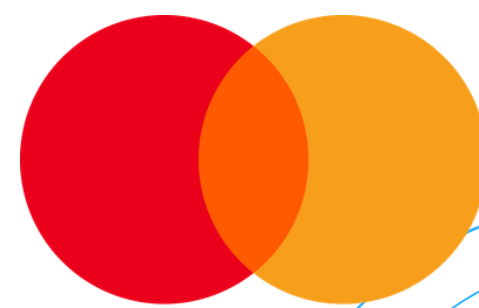
**Bloomberg**

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**Blackstone**

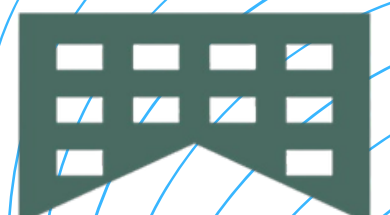


mastercard



**BLUE STAR**

**Stance**  
HEALTHCARE



**weave**  
LIVING

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# Corporate Offerings

Poor posture, fatigue and stress in the workplace can all contribute to spinal pain. Companies and organisations are recognising the importance of having a healthy, qualified and motivated workforce as a key tool for organisational success and company growth.

Our clinic specialises in understanding workplace health and employee engagement. We offer corporate physiotherapy services and workshops to help your employees directly with their conditions or injuries, educate them with ergonomics consultation, and maximise their wellbeing and productivity at work.

**Special Company Rates**

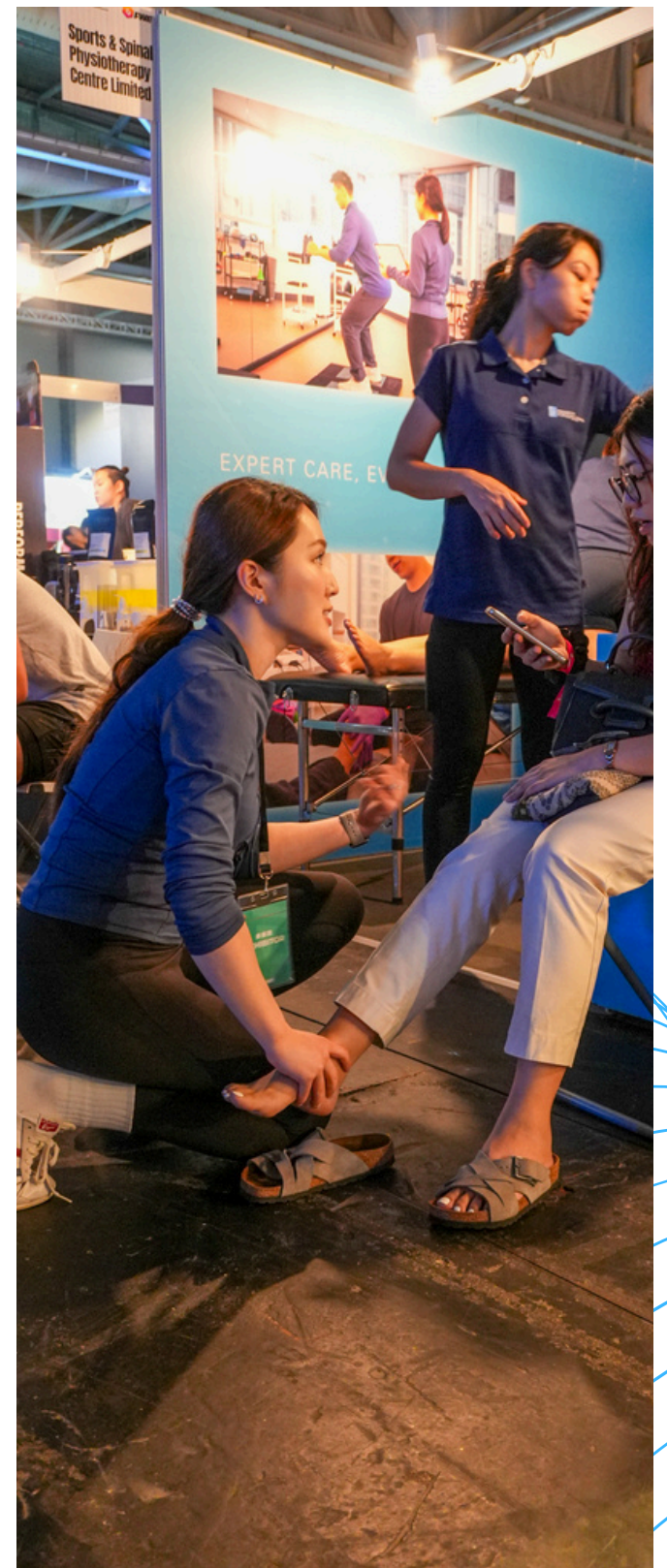
**Tailored Workshops and Services**

**In House Physiotherapy**

**Tailored Wellness Talks**

# Tailored Workshops and Health Talks

We provide educational and interactive group sessions with our experts on a variety of health & wellness topics. Most popular being “How to reduce back pain at work” This provides an opportunity for your employees to receive highly-qualified and specific advice on various topics on improving physical wellbeing



# In House Physiotherapy

We provide physiotherapy straight to your doorstep, reducing travel time to and from appointments. We provide long and short term in-house offerings, where employees can access physiotherapy at ease. We can cater this service to fit your needs.



# Get In Touch

## Address

Suite 1326-27, 13/F, Ocean Centre,  
Harbour City, 5 Canton Rd, Tsim Sha  
Tsui, Hong Kong

## Contact

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Partner



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HONG KONG

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