



## MARK & JOKO HEALTH MANAGEMENT CLINIC PTE LTD

MARK VICTOR RANKINE & JOSEPHINE KO - Founders

If consumer engagement is the holy grail of healthcare, then Mark & Joko have found the missing link in the marketing of their physical health and fitness management business. The compelling passion they share in their work and the unstinting care and interest they commit to their clients provide the two friends a competitive advantage in an industry that is growing in importance day by day. This meaningful connection that Mark and Joko make with each and every of their client provides the key platform to their remarkable service that is earning them a steady stream of word-of-mouth referrals, from clients and the medical community.

With more than 20 years of experience in various disciplines of rehabilitation and sports medicine, Mark Victor Rankine and Josephine Ko saw a need for a physiotherapy facility that blends physiotherapy, Pilates and strength training to help individuals improve their health, fitness and overall physical well-being. In 2009, they opened their private clinic to offer more for patients with pain and disability in Singapore and in neighbouring countries. "We don't believe people should be limited by their disabilities. Rather, we work on their strong and weak points, and empower them to achieve greater heights in their physical health and performance," Mark explains.

Mark and Joko are fully committed to their clients and will go the extra mile without a second thought: answering phone calls in the wee hours of the morning for any physical concerns – even on a public holiday. It is the partners' shared vision in creating a cosy, friendly and family-oriented environment that sets them apart from the competition.

Moreover, it is the only private physiotherapy practice that has the complete set up of Pilates and gym facilities in Singapore, with

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Raising the standards in the rehabilitative, health, sports and fitness industries”

state-of-the-art facility offering a myriad of specialties – physiotherapy services including orthopedic/neurological rehabilitation and chronic pain management; and personal training such as Pilates, strength and body conditioning for both children and adults, the whole family in fact, as well as weight management and sports massage.

Though there are challenges in finding their ideal location, dealing with contractors and building up clientele, both partners persevere. Mark & Joko's roadmap to success stems from hard work; their belief system, professionalism; and valued service and recommendations from medical doctors, friends and family members. Their ability to make a difference in an individual's life is making them a household name in the likes of a trusted family physician.

Having reached their 4th year milestone, and a recipient of Promising SME 500 2013 Award and Singapore Quality Brands 2013/2014 (Prominent Category) Award, Mark & Joko are not about to rest on their laurels. They aim to continue raising the standards in rehabilitative, health, sports and fitness industries in Singapore, as well as expand into educational consultancy. As Mark imparts, "We educate to make people self-reliant; make people understand their conditions, give them the reassurance and enable patients to celebrate life to the fullest. We have the standard, the knowledge and the will to push forward."



# Mark & Joko

## Health Management Clinic

**"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."  
Spanish Proverb**

Mark & Joko Health Management Clinic takes a holistic approach to health. We offer a variety of services, including physiotherapy, strength and conditioning, Pilates and sports massage to help you achieve better physical and sports performances, relief from pain, all for a healthier, fitter and more fulfilling life.

### What is Physiotherapy?

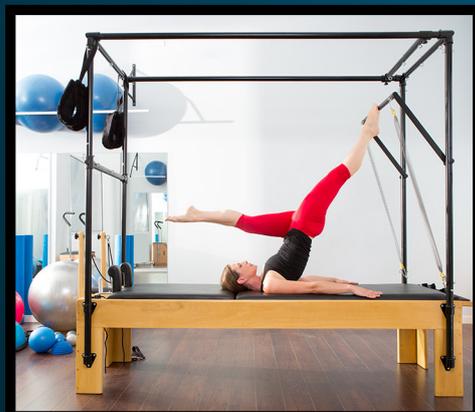
Physiotherapy helps individuals develop, maintain and restore maximum movement and functional ability, especially where movement and function are threatened by ageing, injury, disease or environmental factors.

### What is Pilates?

Pilates is an exercise system that focuses on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

### Conditions managed by physiotherapy include

- Soft tissue injuries – muscle pull, strains/sprains, impingement syndrome, tendinitis and other “overuse” injuries
- Spinal conditions – scoliosis, spondylosis, spondylolisthesis, degenerative/prolapsed discs
- Neurological rehabilitation - stroke, Parkinson's disease and post brain tumour surgery
- Pre & post spinal and joint surgery rehabilitation
- Osteoarthritis and other rheumatic conditions
- Cardiac rehabilitation - post heart attack and post heart surgeries
- Pre and post natal care - baby massage
- Bone fractures
- Joint dislocations
- Frozen shoulder
- Flat feet
- Stroke
- Incontinence



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