

Dr Poonam Pal works as a Principal physiotherapist at Physiotherapy Centre at Harbourfront and as a locum physiotherapist at KH Poon Physiotherapy. Prior to moving to private practice, she worked at various public organisations in Singapore, including Changi General Hospital, Society for the Physically Disabled, Republic Polytechnic and KK Women's and Children's Hospital.

Dr Poonam received a PhD scholarship funded by Vernon Willey Trust Fellowship and Health Research Council of New Zealand. She graduated with a PhD titled, 'Cumulative loads on the lumbar spine during wool harvesting' in 2010. During her clinical tenure in Changi General Hospital she was awarded with a Ministry of Health scholarship to embark on a Masters of Health Practice in Musculoskeletal Physiotherapy from Auckland University of Technology in 2017.

Her areas of interest are in assessment and management of spinal conditions, acute musculoskeletal conditions and chronic pain. In addition, she is trained in DMA Clinical Pilates, (Australia) and is a certified yoga teacher from Svatha Yoga & Ayurveda (Singapore). Besides clinical practise she enjoys teaching students and mentoring junior colleagues.

She is a council member of the Singapore Pain Association and member of Singapore Physiotherapy Association. She is a fully registered physiotherapist in Singapore and New Zealand. In her free time, she enjoys long leisure walks and practicing yoga.