



Dr Lim Yii Hong

MBBS

Clinical Exercise Specialist (ACSM)

Medical Director, Myos Health Clinic, Singapore

Dr Lim is the Medical Director of Myos Health Clinic. He recently served as the Principal Resident Physician at Singapore Sports Institute looking after the medical and sporting needs of Singapore's elite and top national athletes. He has been the team physician supporting Singapore's National teams and athletes since 2009 and was the Chief Medical Officer for the Singapore contingent in both the 2nd Asian Youth Games 2013 in Nanjing as well as in the 17th Asian Games 2014 in Incheon.

A graduate of the National University of Singapore, Dr Lim also obtained his Clinical Exercise Specialist Certification with the American College of Sports Medicine and Sports Medicine Certification with the Singapore National Olympic Committee-International Olympic Committee. He is actively involved in the local sports medicine community in Singapore and has served in the Sports Medicine Association, Singapore (SMAS) since 2006. He currently serves as the Honorary Secretary of SMAS.

Dr Lim's clinical practice focuses on musculoskeletal injury and rehabilitation, muscle disorders and lifestyle intervention with a focus on rehabilitative and functional therapy, and encompasses patients throughout the functional spectrum from sedentary to active, professional athletes to para-athletes, youth to masters athletes. He is also a regular speaker at public health talks on the topics of musculoskeletal conditions, sports injuries and exercise.