서울정재활의학과

Refined Performance Rehabilitation Medicine
PRECISION · BALANCE · RECOVERY

SEOUL JEONG REHABILITATION CLINIC



We look beyond pain. We care for the way you move through life.

Rehabilitation medicine is often associated with recovery after surgery or serious illness. Its scope, however, is far broader.

It considers how the body functions as a whole—strength, balance, gait, posture, and pain—and how these elements shape everyday movement. The question is not only “Where does it hurt?” but also “What will it take to move well again?”

At Seoul Jeong, we examine the factors that limit movement and help the body regain its capabilities. This is the essence of rehabilitation medicine as we practice it.

Stronger against setbacks.
Steadier through the years.
Free to move forward.

Why Muscle Matters

When the stairs feel harder than they used to, your body may be telling you something.

Muscle mass often begins to decline gradually in our thirties. At first, the change can be easy to miss. Your weight may stay the same, while fatigue comes sooner and stairs feel subtly more demanding. These can be early signs that your body's composition and capacity are changing.

As muscle mass decreases, body fat may increase—even when the number on the scale stays the same. The number may stay the same. Yet the body is quietly changing.

Muscle does more than help us move.

It helps regulate blood sugar, supports bone health, maintains posture, and is closely linked to brain health.

For those who wish to stay active for years to come, it is worth understanding how the body moves—before small changes become lasting limitations. This is the perspective that guides rehabilitation at Seoul Jeong.



IDENTITY

SEOUL . JEONG . REHAB

A name should stand for more than a place.
Ours reflects the medicine we believe in,
the principles we practice,
and the promise we make to every patient.

SEOUL

The foundation of evidence and principle

Based on Evidence. Driven by Principle.

Seoul represents the medical education and clinical training that shaped my approach to medicine. Those years taught me to assess with precision, treat with purpose, and look beyond immediate relief toward lasting recovery.

JEONG

Considered care, guided by integrity

Grounded in Precision. Practiced with Integrity.

Jeong is my family name. Its traditional written character conveys what is right and principled. Our care is neither excessive nor insufficient—thoughtful, appropriate, and focused on what truly supports recovery.

REHAB

Beyond where it hurts—to how we move

Focused on Function. Moving Beyond Pain.

Rehabilitation begins with understanding movement—how the body works, where it struggles, and what it needs to move well again. With this understanding, we guide each patient toward better function and a return to the activities that matter most.

FOUNDER'S NOTE

From Recovery to Readiness

Rehabilitation medicine has long been devoted to restoring what injury, surgery, or illness has taken away. Helping people regain function and return to everyday life remains an essential part of our work.

But rehabilitation is shaped not only by what we do. It is shaped by when we begin.

At Seoul Jeong, we see rehabilitation as more than a response to injury. It is a continuous approach to movement—preparing the body before limitations arise, guiding recovery when they do, and supporting function in the years that follow.

This is the philosophy behind
Refined Performance Rehabilitation.

True rehabilitation begins with understanding movement.
We return to the principles of medicine, practiced with precision and care.



Hyeonghui Jeong, MD

Medical Director · Specialist in Rehabilitation Medicine

EDUCATION & CLINICAL TRAINING

Seoul National University · Premedical Program
Seoul National University College of Medicine · MD
Seoul National University Hospital · Internship · Residency in Rehabilitation Medicine
Former Head, Rehabilitation Center · Myongji St. Mary's Hospital

DISTINCTIONS & MEMBERSHIPS

Gold Award, Korea Biology Olympiad
Korean Academy of Rehabilitation Medicine
Korean Academy of Geriatric Rehabilitation Medicine
Korean Society of Sports Medicine

REFINED REHABILITATION

A Quieter Space.
A Clearer Path to Recovery.

At Seoul Jeong, our clinical environment is more than a matter of comfort. We believe rehabilitation deserves the right conditions: a calm setting, thoughtful privacy, and unhurried time to focus on your care.

Refined Environment

Private spaces designed to minimize unnecessary stimulation and provide a sense of calm.

Precision Evaluation

Ultrasound imaging and functional movement assessment provide an informed starting point for individualized care.

Staged Rehabilitation

Recovery has a sequence. Treatment is designed to reflect each stage and progress with your needs.

Private · Precise · Progressive




서울정제활의학과
TECHNOGYM


TECHNOGYM

SYSTEM

When Pain Returns, We Look Deeper.

Pain relief matters. Yet feeling better and moving better are not always the same.

Less pain is progress.
Better movement is the goal.

Pain is often what leads us to seek treatment. Relief becomes the immediate goal, and as discomfort fades, recovery may seem complete.

But what happens when the same pain returns? Recurrent pain does not necessarily mean that earlier treatment was ineffective. Sometimes, the movement patterns that place repeated stress on the body have yet to change.

Pain is a signal, not the whole story.

We look at which movements repeatedly overload a joint or tendon, and which muscles may be compensating when others cannot do their share.

This is why rehabilitation at Seoul Jeong begins with a thorough functional evaluation.

Movement Analysis · Functional Evaluation · Dynamic Assessment





TREATMENT

SEOUL JEONG
PDRN Injection Therapy

When repeated stress outpaces tissue recovery,
the conditions for healing deserve closer attention.

Persistent tendon or joint pain may reflect tissue that has not fully recovered, rather than pain alone. PDRN injections may be considered as an adjunctive treatment intended to support the local tissue-recovery environment. At Seoul Jeong, ultrasound-based assessment helps us evaluate tissue condition alongside movement patterns that continue to place stress on it. Our focus is not simply on repeating an injection, but on understanding why recovery may be taking longer than expected.

Shoulder · Elbow · Wrist · Knee · Persistent Tendon Pain

Ultrasound-Guided Precision Injection



TREATMENT

SEOUL JEONG BOTOX Treatment

Botulinum toxin is more than a cosmetic treatment.

By acting at the neuromuscular junction, botulinum toxin can reduce excessive muscle activity. For appropriately selected patients, it may be considered in the management of muscle overactivity, including certain forms of dystonia, headache disorders, and spasticity.

At Seoul Jeong, we consider functional anatomy and ultrasound findings, when appropriate, alongside the muscles and movement patterns involved.

Our goal is not simply to relieve pain through muscle relaxation, but to lay the groundwork for functional recovery and effective rehabilitation.

Dystonia · Chronic Migraine · Cervicogenic Headache
Temporomandibular Disorders · Spasticity

Functional Anatomy–Based Botulinum Toxin Therapy

PROGRAM

Recovery,
Step by Step.

At Seoul Jeong, rehabilitation extends beyond symptom relief. Less pain and better movement are related, but not interchangeable. We tailor the pathway to each patient's condition, goals, and stage of recovery.

SEOUL JEONG REHABILITATION SYSTEM

01 Stabilization Rehabilitation

Pain management · Tissue recovery · Reinjury prevention

02 Recovery Rehabilitation

Restoring strength · Mobility · Movement re-education

03 Functional Rehabilitation

Gait · Balance · Return to daily activities

04 Maintenance Rehabilitation

Reducing recurrence risk · Long-term care

SPECIAL PROGRAMS

01 Junior Rehabilitation Program

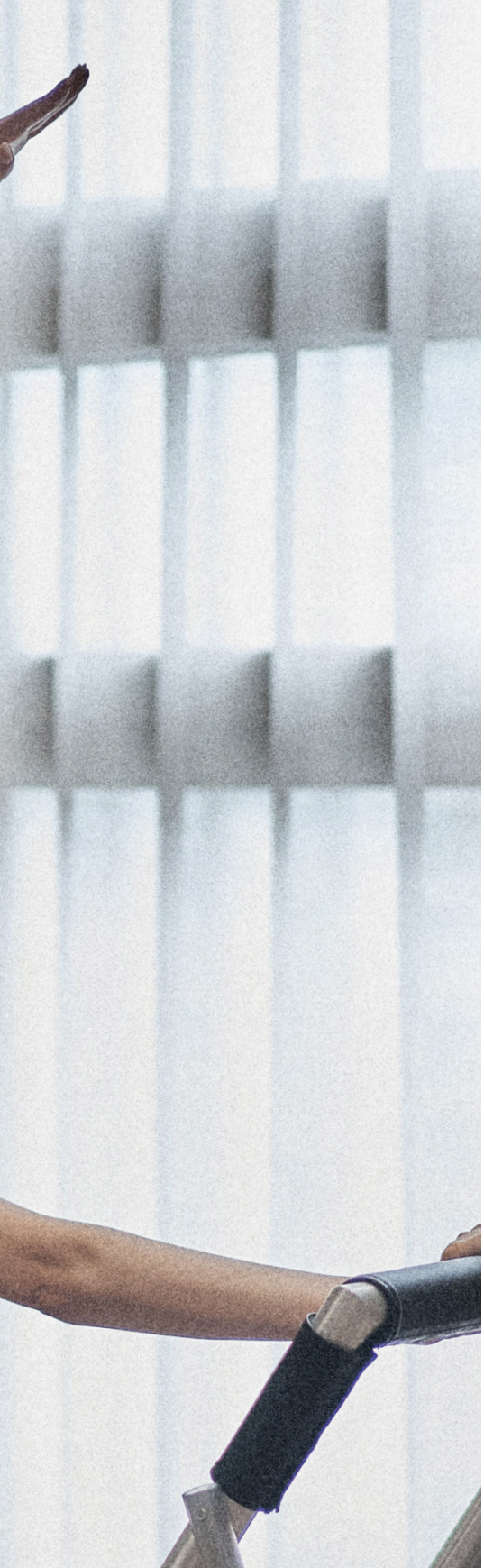
Age-appropriate rehabilitation for growing bodies

02 Conditioning Program

Muscle · Balance · Cognitive conditioning







PREHAB & PERFORMANCE

We Cannot Turn Back Time. We Can Move Forward Well.

Rehabilitation helps restore what was lost.
Prehabilitation helps protect what remains.

A question we often hear is,
“Can I get back to the way I used to be?” Age and experience change the body. We cannot promise to turn back time or eliminate every risk of injury. Prehabilitation offers a more practical ambition: recognizing the body's present capabilities and helping it become better prepared for the demands ahead. It is not a promise of miracles, but an approach grounded in realistic goals.

When Pain Has Passed, Why Does Movement Still Feel Uncertain?

The body remembers injury—not only in how we feel, but in how we move.

Even after pain has subsided and clinical findings are reassuring, movement may still feel uncertain.

Some of this uncertainty may come from lingering caution. Some may arise from the way the body has learned to adapt—protecting painful areas, shifting loads, and relying on other muscles to compensate.

These adaptations can be valuable during recovery. Yet when they persist beyond their purpose, they may place unnecessary strain on other structures, sometimes giving rise to new pain.

Performance Rehabilitation addresses these lingering changes. Through careful assessment and guided movement retraining, we seek to restore balance and efficiency—so that recovery is reflected not only in how the body feels, but in how it moves.

EXPERIENCE

Beyond Treatment.
Care That Makes Room for You.

At Seoul Jeong, the first thing we offer is not a prescription. It is time—the time to listen, understand, and consider what each patient truly needs.

We approach each decision with care, each treatment with purpose, and each stage of recovery with the long term in mind.

Check-in | Evaluation | Treatment | Care



There Is More Movement Ahead.

Aging does not mean giving up the activities that define us. Injury does not mean that meaningful movement belongs only to the past. The body changes. With the right assessment, guidance, and care, it can also adapt—and take us further than we might expect.

Seoul Jeong Rehabilitation Clinic

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Precise Assessment, Evidence-Based Practice.
Refined Treatment, Practiced with Integrity.
Rehabilitation Medicine:
Restoring the Value of Movement.