



To be loved is to love others. The circle of life starts with you and ends with you

THE BEAUTY AND THE BEAST

MARK VICTOR RANKINE & JOSEPHINE KO

Mark & Joko Health Management Clinic Pte Ltd

Mark & Joko is run by two unique and highly passionate individuals who share an exceptional chemistry that not all business partners possess. The clinic was set up four years ago, with the aim of providing in-depth and personalized rehabilitation and fitness training to individuals looking for a high standard of medical management, physical training and coaching.

If you need tender loving care (TLC), look for Joko! But if you are a tough guy, Mark is the one for you. The “yin” and the “yang”, they work together hand-in-hand to lighten your spirit, heal your pain and help you achieve your best. They put their brains together for the betterment of their clients and are not limited by boundaries in their respective expertise.

The Beauty of their clinic, Ms Josephine Ko, is an Australian-trained physiotherapist, and a certified Pilates teacher. Jo’s sensitivity and motherly nature give clients a sense of peace and warmth. Her healing hands bring comfort and pain relief, making clients feel at home with her. With trust established, healing begins.

And, the Beast is no other than Mr. Mark Victor Rankine aka “the Torturer”. This trainer seems like a real tough guy at first glance but is really a softie at heart. Mark is also one of the best in the industry, having been involved in rehabilitating and training individuals of all ages from eight to eighty-five. His results-driven and no-holds-barred approach will definitely get you where you want to be, whether it is to live a pain-free life, to hit your personal best timing, or win a medal in a competition. Yes, you would have to endure the torturous training he sets for you, but as they say, “No Pain, No Gain”.

In short, Mark & Joko Health Management Clinic

Up Close & Personal

Are you happy with where Mark & Joko is in the market right now?

Well, we have achieved a reputation for ourselves. We are committed to delivering premium service and a very high standard of training, and have received positive feedback from surgeons and clients. There is always room for improvement. Never rest on one’s laurels.

What are the challenges you face right now?

We are currently renting a place, but within the next three years, we hope to own our own premises – a bigger space where Mark & Joko can be stationed for life.

What are some of your proudest achievements?

We will not say proudest achievements but the most gratifying moments are when

our clients get better, and they are filled with gratitude; their appreciation is reflected on their faces when we give them the confidence to move on with their life after their injuries.

What qualities do you think all entrepreneurs should possess?

You must have a dream you want to make come true. You have to come out of your comfort zone and take risks. Have a positive outlook in life. Believing is achieving. When you get up every morning, do your job to the best of your ability. Recognize your own qualities, work with them and maximize them to their fullest potential. Most importantly, you must love your work. Always have family and friends around you. They will help you feel loved and this will enable you to keep the faith going.

is not your run of the mill clinic. It is a state-of-the-art facility offering a myriad of specialties – physiotherapy services including orthopaedic, sports, cardiac, neurological rehabilitation and chronic pain management; personal training such as Pilates, strength and body conditioning, as well as weight management and sports massage.

Mark & Joko will go the extra mile for you, for example, answering your physical concerns and calming your mind in the late hours in the evening; consulting the doctor with you to better understand your physical conditions and pain; and helping you to shop and pick the right running shoe, mattress or even office chair to improve your quality of life.

“Our belief is that the mind and body work as one, and we provide a highly personalized service,” says Mr. Rankine, who previously worked as a marketing director at a Pilates studio and prior to that, with the Singapore Sports Council. It was there that his friendship with Ms Ko blossomed, with the pair sharing a common vision of starting their own clinic.

They met with a variety of challenges, including finding the right place and equipment, as well as building the reputation of Mark & Joko. Their client base now ranges from renowned surgeons and high-level corporate executives to national athletes, as well as those in need of rehabilitation. At the end of the day, it is their unique ability to touch the lives of their clients that keeps them going.