

Dr. Leong Lee San, aged 85, graduated MBBS from National University of Singapore in 1964. He did hospital practice for the first 5 years in Singapore and thereafter private practice in Family Medicine in his own clinic till 10 years ago when he retired.

However, Dr Leong is still active running a company which he started 25 years ago importing and distributing 2 very useful healthcare products - from Silipos (USA) a special gel based brand of skin protective devices and Formthotics (New Zealand) the original semi rigid Foot Orthotic devices useful in correcting foot malfunction and preventing overuse injuries of the lower limbs.

Dr Leong is a self taught foot-care practitioner using Formthotics and the like in treating and preventing overuse injuries commonly referred to as wear and tear, OA (osteoarthritis) of the knees, ankles and hips and even the lower back.

Dr Leong used to both run and walk and compete in Masters races but have in the last 10 to 15 years been doing only walking and competing in the occasional masters races.

He was Chairman Red Hawk Sports Club Singapore 1984 – 2004 and Chairman Race Walk Subcommittee Singapore Ametuer Association 2011- 2017.