



## Kuala Lumpur Sports Medicine Centre

Redefining Sports Medicine Today, and for the Future.



## A Different Level Of Care

Our focus is on Health, Fitness and Well-being with special emphasis on the musculoskeletal system.

We emphasize on:

- Comprehensive examination and evaluation.
- Prompt and accurate diagnosis.
- Customized treatments and therapy programmes with advanced technology and world class facilities.
- State of the art surgical treatment and individualized post-operative therapy regimes.

### What will you experience?

We emphasize in enriching patients with knowledge of their conditions and involving them into the total care. Recognizing the importance of teamwork, we ensure that the patient, the surgeon and the therapist are focused on a common goal: EFFECTIVE & EXCELLENT TREATMENT.



## Friendly People Who Care Friendly Service That Shines

Orthopaedic Surgeons, Physicians, Radiologists and other Consultants

Physiotherapists and Occupational Therapists

Nurses, Radiographers and Neuro Technicians

Frontliners, Administrators and Managers

Our team is specially trained in Sports Medicine and Orthopaedics, allowing us to deliver a high level of care.

All our surgeons and doctors are trained locally and abroad, allowing us to deliver a well-balanced perspective of medical care.

We are also highly adaptive, patient, friendly and caring.



We Are With You Every Step Of The Way...



## Medical Services

### Sports Clinic

Knee & Shoulder  
Hip & Spine  
Hand & Microsurgery, Wrist & Elbow  
Foot & Ankle  
Joint Replacement (Lower & Upper Limb)

### Other Specialist Clinics

Maxillofacial & Facial Cosmetic  
Speech & Language Therapy  
Primary Care & Family Physician

- Adult & Children
- Women's Health
- Dermatology

### Stem Cell Lab & Storage

Harvesting, Processing & Storage

### Sports Physiotherapy

Knee & Lower Limb  
Spine Physiotherapy  
Hand and Upper Limb  
Hydrotherapy  
Gymnasium

### Sports Imaging & General Radiology

Open MRI  
High Field Extremity MRI  
Digital Radiography  
Ultrasound  
Fluoroscopy including standard & mini C-Arm

### Neuro Assessment

- Nerve Conduction Studies
- Electromyography
- Sensibility Evaluation including Semmes Monofilament.

Sports Medicine is for Everyone...

# Sports Clinic

Ideal for competitive athletes as well as the general population with orthopaedic problems to regain and improve functional mobility, return to play and work.



KLSMC Sports Clinic deals with sports or exercise-related injuries with the primary emphasis on the diagnosis, treatment and prevention.

We provide a comprehensive range of services and quality care to be able to match even the needs of highly active individuals.

# Knee

Knee pains can come from a few sources due to injury or chronic wear and tear to the knee joint. Common problems that require medical treatments are:-

Persistent Pain

Knee Swelling

Instability of Knee (as in frequent giving way)

Knee Crepitus (painful sounds from the knee)

Treatment depends on the severity of the injury, the patient's physical demands, suitability factors such as age and gender, and is based on a case to case individual evaluation of the pros and cons of the different mode of treatment.

Simple treatments can range from physiotherapy, exercise modification, muscle strengthening, topical and oral medication, bracing to finally surgical intervention. Many complex kneesurgeries nowadays can be performed through minimally invasive method though certain reconstruction surgeries might still require open techniques.



# Shoulder

The four most common shoulder problems seen at our centre:-

Frozen Shoulder

Impingement Syndrome and Rotator Cuff Tear

Calcific Tendonitis

Recurrent Dislocation of the Shoulder

The Frozen Shoulder being a very common condition is usually treated with physiotherapy to ease the stiffness, oral or injectable medications for inflammation and occasionally surgery for the recalcitrant cases. Treatment for Impingement Syndrome and Rotator Cuff involves activity modification, ultrasound and strengthening exercise.

For severe cases, surgery is usually needed. Calcific tendonitis can be relieved completely with a Cortisone injection. As for the Dislocation of shoulder, it can now be repaired and stabilized using minimally invasive arthroscopic surgery.



# Hand & Microsurgery

Our upper limb is the most frequently injured part of the body. Some commonly seen conditions at the Hand & Microsurgery Unit are:-

**Injury to the Hand, Wrist, Elbow and Shoulder**  
Nerve and Tendon Lacerations, Fractures and Joint Injuries

**Nerve Compression Syndrome**  
Thoracic Outlet Compression Syndrome, Carpal & Cubital Tunnel Syndrome

**Arthritis of the Hand, Wrist and Elbow**

**Hand conditions in Children including Congenital Differences**

At KLSMC, we perform highly specialized Hand and Upper Limb surgical procedures such as finger, wrist and elbow arthroscopy and joint replacements, endoscopic carpal tunnel release, reconstructive microsurgery of nerves and arteries, reconstructive ligament procedures and release contracture of Dupuytren's disease.

Surgery is only the start of recovery. In many cases, therapy and intensive rehabilitation will be necessary to ensure recovery and regain optimal function of the hand.



# Foot & Ankle

On average, we take 4000 to 5000 steps each day. Therefore health problems in the foot and ankle are very common. The most common problems in this area are:-

**Swelling**

**Sprains and Injuries**

**Diseases (Rheumatoid Arthritis and Osteoarthritis)**

**Complex Degenerative Deformities**

Problems in the foot and ankle could also be an early sign of problems in the vascular or neurological systems.

At KLSMC, we strive to provide a wide range of treatment options ranging from the basic treatment using Orthotics (special shoe inserts shaped to the feet), Physiotherapy and Rehabilitation, to advanced techniques using arthroscopic procedures and surgical correction. For example, the treatment of severe bunions is done using the scarf osteotomy technique. This procedure involves shaving of the prominent bone, realigning the bones and repair the joint capsule and ligaments.



# Hip & Spine

Hip and back pain are very common and can be caused by numerous diseases or disorders. The most common hip and spine conditions that require treatment are:-

## Hip Injuries & Disorders

- Strains
- Bursitis
- Dislocations
- Fractures

## Cervical Spine Disorders

- Degenerative disorders such as spondylosis, disc prolapse ('slipped disc')
- Infections
- Trauma
- Inflammatory diseases
- Tumours or cancers
- Referred pain
- Non specific causes

The treatment may comprise of activity modification, pain control, physiotherapy and medications in the initial stage. Surgery may be necessary should the disease process becomes more severe or progressive and any delay would prove harmful.

Surgery may take the form of a microdisectomy, spinal decompression fusion or other specific procedures depending on the cause of the pain.



# Joint Replacement

Replacing a joint can relieve pain and help us move and feel better, enabling us to go about with our daily activities and improve the quality of our lives.

Depending on the severity and extent of injury, the surgery may not remove the whole joint, but will replace with an artificial device or prosthesis and fix the damaged parts. Apart from standard joint replacements, newer techniques using surface replacements and partial replacements are available.

## When do we need it?

- a particular joint is devoid of cartilage
- it is difficult and painful to move the joint and the pain becomes so severe that you start avoiding the use of the particular joint
- it is so painful that it affects your daily activities
- non-surgical procedure or medication no longer works

## What happens after surgery?

Recovery period varies and ranges from 6 to 12 weeks which includes physiotherapy as part of the rehabilitation treatment.

High-quality imaging facilitates accurate diagnosis...

## Sports Imaging

Sports Imaging provides in-house radiology services at KLSMC. Our compact department is equipped with a CR Digital X-ray system, Ultrasound and two MRI systems.

At KLSMC, our experienced radiographers take pride in the consistently high-quality images obtained. All examinations are archived on a web-based PACS. This allows comparison with earlier examinations, tele-reporting and obtaining second opinions.



## Open MRI

MRI is an accurate imaging tool useful for the evaluation of the musculoskeletal system - both of bone and soft tissue such as ligament, tendon, cartilage and nerve.

Our Open MRI system provides a less claustrophobic experience compared to the traditional scanning tunnel of closed MRI machines.

# High Field Extremity MRI

For those who need their extremities scanned, our High Field Extremity MRI 1.5T scanner is in a class of its own. This revolutionized technology produces premium images of cartilage and soft tissue of the extremities, fast scan times, and robust pulse sequences.



*Image courtesy of GE Medical Systems*



*Image courtesy of GE Medical Systems*

The High Field Extremity MRI is the world's most powerful 1.5T MRI system, offering patients a comfortable and non-claustrophobic experience due to its open and quiet design. This unique provoking design allows high resolution imaging of the knee, foot, ankle, wrist and elbow in the comfort of a recliner.

You are in good hands...

# Sports Physiotherapy

KLSMC offers specialized physiotherapy for surgical and non-surgical treatments. Our physiotherapists are highly qualified professionals who are not only exposed to all the specialized surgical procedures but are also well versed in the range of techniques to strengthen and stretch muscles and joints to improve patient mobility.

We personalize each patient's rehabilitation programme through specific training and exercise regimes together with the use of advanced technology.



Sports Physiotherapy helps patient regain movement, strength and flexibility in a safe and effective manner upon early and accurate diagnosis. We provide intensive treatment at early stages to prevent further injury and improve mobility.

Our therapy includes:-

## Electrotherapy

- Ultrasound
- Interferential Therapy
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Electro Muscle Stimulation (EMS)

## Manual Therapy

- Patella Mobilization
- Joint Manipulation
- Manual Stretching
- Gym Ball Exercise
- Work Hardening

## Continuous Passive Motion (CPM)

## Ergonomics

# Spine Physiotherapy

## Common conditions treated for neck & back:-

- Intervertebral Disc Prolapse (IVDP)
- Sciatica/Impingement Syndrome
- Degenerative Disease
- Strains & Tears
- Postural Syndrome (Impaired Posture)
- Thoracic Outlet Syndrome
- Post Surgical Intervention
- Temporomandibular Joints Dysfunction
- Fractures

## Interventions may include:-

- Thermotherapy and Cryotherapy
- Electrical Modalities
  - Ultrasound
  - Interferential Therapy (IT)
  - Transcutaneous Electrical Nerve Stimulation (TENS)
- Mechanical Modalities
- Myofascial Release Technique
- Therapeutic Massage
- Soft Tissue and Joint Mobilization
- McKenzie Therapy
- Patient Home Exercise Regime
- Postural Retraining



# Hand Therapy

Hand Therapy is a specialized programme designed to provide exercises and activities to help return the hand to normal use and function.

## Interventions may include:-

- Ultrasound
- Nerve gliding exercises
- Fluidotherapy
- Electro Muscle Stimulation (EMT)
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Pulse Electromagnetic Therapy
- Custom made splints and pressure garments

## Other specialized programmes:-

- Joint protection programme
- Therapy for musicians
- Ergonomics
- Thoracic Outlet Compression Syndrome programme (TOCS)



# Hydrotherapy

Advocating in this field of unique physiotherapy method, our rooftop hydrotherapy pool offers an alternative form of exercise that is refreshing and invigorating to patients and yet highly effective for their recovery.

The recuperative and healing properties of hydrotherapy are based on the physical qualities of water, the buoyancy, resistance, its mechanical and/or thermal effects, such as temperature and pressure for therapeutic purposes, to stimulate blood circulation and treat the injuries and certain diseases.

## Benefits of hydrotherapy:-

- Encourages blood flow & boosts blood circulation
- Relaxes the body & tight muscles
- Strengthens the muscles, tones the body and thus helps improve movement
- Lessens pain sensitivity and therefore brings about relief the burden of pain.



# Gymnasium



Aided with the use of proper equipment, our recovery programmes include trainings, exercises and work routines to help build strength and agility.

Our in-house gymnasium is equipped with modern and advanced exercise equipment, catering for specific needs of patients and aimed at improving functional mobility.

Our gymnasium is spacious and bright with large windows and scenic views for a more conducive, comfortable and pleasant workout.

A new breakthrough therapy in the field of Regenerative Medicine...

# Stem Cell Therapy

In addition to existing procedures, KLSMC provides innovative stem cell therapy for sports related injuries and other common joint injuries.

Stem cell therapy offers an astute alternative to other more elaborate treatment like prosthetic implants or extended open surgeries.

We specialize in regeneration of cartilage especially in the knee joint. Our orthopaedic team received commendable recognition with its new treatment for knee injuries.



This treatment is performed using autologous (patient's own) adult stem cells to regenerate and repair the ageing or damaged system in their organs.

Stem cells are harvested from patient's bloodstream peripherally instead of directly from the bone marrow. This hassle-free procedure takes only couple of hours in a cozy and calm setting where patients could relax on bed, watch TV, read a book or even have a light meal.

The harvested stem cells, combined with hyaluronic acid will then be infused into the area of injury once a week for about three to five weeks. These injections can be easily administered in the clinic.

Achieving better quality of life through awareness and early prevention...

## Other Specialist Clinics

We provide coordinated referral to other related disciplines to allow better continuity of care.



### Maxillofacial & Facial Cosmetic

This clinic covers a wide spectrum of diseases, injuries and defects in the head, neck, face, jaw and the hard and soft tissues of the oral and maxillofacial region.

We offer specialized corrective surgery which includes craniomaxillofacial trauma, facial cosmetic and reconstructive surgery treating the entire craniomaxillofacial complex.

### Primary Care & Family Physician

Our experienced primary care physician treats all general conditions in adults and children and is usually the preferred family doctor. These include routine check ups, physical examinations, vaccinations, women's health screening and implementation of care and treatment for problems of the skin.

On top of that, our physician is able to provide continuing care of varied medical conditions and follow up for chronic disorders such as diabetes and hypertension.

### Speech & Language Therapy

Our therapist provides assessment and treatment of speech and language disorders as well as communication problems in people of all ages to enable them to communicate to the best of their ability.

These include young children with special needs, autism and relevant disorders patients who suffer from medical problems such as stroke or Parkinson's disease, people with eating and swallowing disorders or articulation disorders such as stuttering problems, as well as patients recovering from trauma or injuries.

Convenience, flexibility and choice is what we offer ...

# Surgical Facilities and Inpatient Services

Whether it is a visit, routine check, physiotherapy regime, a recuperative stay, an inpatient or outpatient treatment, we strive to value-add and go that extra mile, making each experience pleasant in every possible way!



## Operating Theatres (OT)

Four Operating Theatres furnished with advanced facilities which enable us to carry out various types of complex orthopaedic procedures including arthroscopic surgery.

## Central Sterile Supplies Department (CSSD)

The CSSD handles the implementation of stringent controls in sterilization and hygiene practices. Strict adherence to international standards is maintained with the use of special sterilization equipment.

## Retail Pharmacy

Our retail pharmacy with an in-house pharmacist is readily available to attend to your needs. Poised to serve you better, besides having a wide range of prescriptive medication, we also carry daily necessities like toiletries, skin care and vitamins at hand for your convenience.

# Our Rooms at a Glance



Premier Suite



Junior Suite



Single Executive



Single Deluxe



Double-Bedded



What makes us different is our approach to create a better patient experience that includes family members and friends of patients; from having sofa beds, to well-trained nursing staff that looks into patients' needs, even to the simplest provision of specific meals upon requests.

## Surgical Wards

Our wards are equipped with a total number of 23 beds for inpatients and day care. Spacious and comfortable in size, every room is designed to help you recuperate and recover in pleasant surroundings with attentive nurses just a call away!

## Inpatient Meals

Whipped out restaurant style and with variety, our nutritious cuisine offers a choice of Asian, western fare, fusion as well as vegetarian meals. For kids, special meals can be prepared with prior arrangement.

# Consultants' Directory

## Orthopaedic Surgeon



**Dr SAW Khay Yong**  
*MB Chb (Liverpool), MCh Orth (Liverpool), FRCS (Edinburgh)*

Mon	Tue	Wed	Thu	Fri	Sat
AM		AM		AM	
PM		PM			

- sub-specializes in knee arthroscopy and articular cartilage regeneration with stem cells and received commendable recognition and numerous awards in the field of regenerative medicine for knee cartilage injuries
- trained in University of Liverpool, England

T 603 - 2089 5202  
F 603 - 2095 1500



**Dr TAY Yong Guan**  
*MBBS (Malaya), MS Orth (UM), FRCS (Edinburgh)*

Mon	Tue	Wed	Thu	Fri	Sat
	AM				AM
	PM			PM	

- sub-specializes in knee and shoulder arthroscopy and knee joint replacement and has performed over 350 cases of Total Knee Replacement in the last eight years with good to excellent results
- advanced his arthroscopy training at the famed Steadman and Hawkins Clinic in Vail, Colorado

T 603 - 2096 1033  
F 603 - 2096 1500



**Dr Edmund ONG Thiam Lock**  
*MBBCh, BAO (Ireland), FRCS (Edinburgh), AM (Malaysia)  
 Fellowship in Joint Replacement & Spinal surgery at The Robert Jones & Agnes Hunt Orthopaedic Hospital, Oswestry, Shropshire, UK*

Mon	Tue	Wed	Thu	Fri	Sat
	AM	AM	AM	AM	
PM					

- sub-specializes in hip and spine disorders
- trained in UK and Ireland

T 603 - 2096 1033  
F 603 - 2096 1500



**Dr Ranjit Singh GILL**  
*MBBS (Malaya), FRCS (Edinburgh), FRCS (Glasgow), AM (Malaysia),  
 Fellowship in Hand and Microsurgery (University of Louisville, USA) and  
 Christine M.Kliener Institute of Hand & Microsurgery.*

Mon	Tue	Wed	Thu	Fri	Sat
AM		AM			
PM		PM			

- sub-specializes in upper limb surgery, hand and microsurgery and upper limb rehabilitation.
- treats upper limb conditions in adults and children

T 603 - 2089 5227  
F 603 - 2094 1388



**Dr LOW Tze Choong**  
*MBBS (Singapore), FRCS (Edinburgh)*

Mon	Tue	Wed	Thu	Fri	Sat
AM					
PM		PM		PM	

- sub-specializes in foot and ankle problems and treats many foot and ankle problems with orthotics
- trained in UK on the treatment of foot and ankle deformities and injuries using the latest surgical procedures

T 603 - 2096 1033  
F 603 - 2096 1500



**Dr Reza NG Ching Soong**  
*BMedSc (Belgium), MD (Belgium), Orthopaedic Surgery (Belgium)*

Mon	Tue	Wed	Thu	Fri	Sat
AM	AM	AM	AM	AM	AM
PM	PM	PM	PM		

- sub-specializes in shoulder and knee injuries and has special interest in sports injuries and degenerative joint diseases (osteoarthritis)
- trained in Belgium; Ghent State University, Free University Brussels and Onze Lieve Vrouw Hospital, Antwerpen

T 603 - 2089 5202  
F 603 - 2095 1500

## Radiologist



**Dr Shahrin MERICAN**  
*MBBCh, BAO (Ireland), FRCR (UK), M. Med. Rad. (UKM), AM (Malaysia)  
 Trained in Dublin at the Royal College of Surgeon*

Mon	Tue	Wed	Thu	Fri	Sat

- sub-specializes in musculoskeletal imaging
- reports radiographs, MRIs and performs ultrasound including intraventional procedures

T 603 - 2089 5210  
F 603 - 2096 1500

AM (9am to 1pm) PM (2pm to 5pm)

## Maxillofacial & Facial Cosmetic Surgeon



### Dr N. Ravindranathan

MBBS (London), FRCS (Edinburgh), FDSRCS (England), FAM (Singapore), Diplomate American Board of Cosmetic Surgery (Facial Cosmetic Surgery), Fellowship in Craniomaxillofacial Trauma (The John Hopkins Medical Institutions, Baltimore USA)

- sub-specializes in craniomaxillofacial trauma and facial cosmetic and reconstructive surgery
- has a special interest in cleft lip and palate correction, oral cancer, correction of jaw deformities and tumour in salivary gland

T 603 - 2096 1033  
F 603 - 2096 1500

Mon	Tue	Wed	Thu	Fri	Sat
					AM
				PM	

## Primary Care & Family Physician



### Dr Surinder Kaur GILL

MBBS, Certificate in Woman & Reproductive Health (AFPM), DipDerm (NUS) Singapore

- specializes in Primary Care Medicine which includes vaccination, health screening and routine check-up for chronic cases
- treats all general conditions, skin related problems and provides continuity of care for adults and children.

T 603 - 2096 1033  
F 603 - 2096 1500

Mon	Tue	Wed	Thu	Fri	Sat
AM	AM	AM	AM	AM	AM
PM		PM	PM	PM	

## Speech & Language Therapist



### Mr Marios GENETHLIOU

BSc, Msc (UK), First Class Honours from University of Reading in UK, Master in Human Communication with Distinction at the University College London

- sub-specializes in special needs management and education, especially autism and relevant disorders
- performs paediatric assessment of speech and language for most international school in Kuala Lumpur

T 603 - 2096 1033  
F 603 - 2096 1500

Mon	Tue	Wed	Thu	Fri	Sat
			AM		
PM	PM	PM	PM	PM	

## Anaesthesiologist



### Dr Jamsari Bin Sukro

MBBS (Hon) Monash, Australia, M.Med (Anaes) UKM

- Local, Regional and General Anaesthesia



### Dr Raveenthiran Rasiah

MBBS (Malaya), M.Med (Anaes), FAMM

- Local, Regional and General Anaesthesia



### Dr THONG Chwee Ling

MBBS Distinction (Mal), M.Med (Anaes) UKM, AMM

- Local, Regional and General Anaesthesia

AM ( 9am to 1pm ) PM ( 2pm to 5pm )

# Our Location

