Kuala Lumpur Sports Medicine Centre

Redefining Sports Medicine Today, and for the Future.
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.
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.

We Are With You Every Step Of The Way...
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 knee surgeries 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.
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-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.

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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.

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.
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**
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)

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
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.
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.
Facilities and Services

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.

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!
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.
Dr SAW Khay Yong
MB ChB (Liverpool), MCh Orth (Liverpool), FRCS (Edinburgh), FRCS (Glasgow), FRCS (Edinburgh)

- 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

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T 603 - 2089 5202
F 603 - 2096 1500

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

- 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

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Dr Edmund ONG Thiam Lock
MB ChB, BAO (Ireland), FRCS (Edinburgh), AM (Malaysia)

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

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

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

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T 603 - 2089 5227
F 603 - 2094 1386

Dr Reza NG Ching Soong
BMedSci (Belgium), MS Orth (Hong Kong)

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

- 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 Vrouwen Hospital, Antwerpen

Dr Shahrin MERICAN
MBBCh, BAO (Ireland), FRCR (UK), M. Med. Rad. (UKM), AM (Malaysia)

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

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- trained in Belgium; Ghent State University, Free University Brussels and Onze Lieve Vrouwen Hospital, Antwerpen
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

Dr N. Ravindranathan
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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.

Dr Surinder Kaur Gill
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Speech & Language Therapist

Mr Marios Genethliou
BSc, MSc (Lon), 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

Mr Marios Genethliou
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Anaesthesiologist

Dr Jamsari Bin Sukro
MBBS (Monash, Australia), M.Med (Anaes) UKM

- Local, Regional and General Anaesthesia

Dr Jamsari Bin Sukro
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Dr Raveenthiran Rasiah
MBBS (Malaya), M.Med (Anaes), FAMM

- Local, Regional and General Anaesthesia

Dr Raveenthiran Rasiah
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Dr Thong Chwee Ling
MBBS Distinction (Mal), M.Med (Anaes) UKM, AMM

- Local, Regional and General Anaesthesia

Dr Thong Chwee Ling
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Our Location

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Outpatient Clinic Hours
• Monday to Friday (9am to 5pm)
• Saturday (9am to 1pm)