Bringing life to ageing joints

The human body is made to move. Being active throughout your life has immeasurable benefits, adding years to your life and quality to those years. Orthopaedic surgeons help to treat and prevent problems in the spine and four limbs, getting you back into shape for the challenges in the coming years. The team at The Orthopaedic Centre comprises a team of highly specialised surgeons, anaesthetist, and physiotherapists to provide the most advanced and comprehensive treatment — employing minimally invasive techniques, including state of the art computer assisted and robotic technology to deliver safe and effective treatments to the patients.

A joint effort
To help patients with all their bone and joint problems, the combined expertise of a group of orthopaedic surgeons with subspecialty interests in the spine, shoulder, elbow, hip, knee, foot, and ankle is essential. All aspects of orthopaedic problems are covered, ranging from developmental (e.g. flat foot, curved spine), traumatic, and sporting injuries (e.g. fractures, dislocations and ligament tears) to degenerative joint problems (e.g. painful bunions, arthritic knees, and chronic back pain). An anaesthetist experienced in dealing with orthopaedic patients has recently been added to the team to ensure patients’ surgeries go smoothly and safely. Their team of physiotherapists works closely with the doctors to aid patients in their recovery before and after surgery.

Less is more
Minimally invasive surgery means doing the surgery without causing unnecessary damage to the surrounding tissues. In the limbs, this is done by using keyhole techniques with an arthroscope (a camera for the joint). Minimally invasive surgery in the spine is also possible with the help of microscopes and usage of X-ray machines in the operating theatre. The benefits include less pain, less bleeding, and faster recovery with smaller cosmetically pleasing scars. It can also decrease the length of hospital stay and time off work.

Advanced technology
The use of computer aided and robotic surgery in the knee is a good example of how to employ the latest technology for patients’ benefit. The knee joint replacement surgery is more accurate, delivering reproducible and consistent results.

Advanced cartilage regeneration procedures employing the latest techniques offer patients a chance to repair and preserve their joints, perhaps even to avoid a joint replacement in the future.

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