Since our younger days, we have had to juggle between school work, co-curricular activities and enrichment classes. It gets worse in adulthood.

When it comes to aches and pains, and other musculoskeletal symptoms, we often assume that things will get better and delay treatment until it becomes intolerable. Sometimes we will not even seek an assessment to find out the problem, and there is often a price to pay for this delay.

Most bodily and joint symptoms are due to overuse strains and sprains; and wear and tear of joints as we age. Good posture and ergonomics in everyday activities, maintaining a good weight, regular exercise to keep muscles strong and avoidance of prolonged engagement in any single activity such as use of computers and hand-held devices can help prevent these.

However for conditions that cannot be prevented such as ageing joints, early diagnosis and treatment are better than late. When detected early, measures can be taken to ameliorate the rate of degeneration, such as physiotherapy and exercise rehabilitation which can help manage early degenerative osteoarthritis of the knee and spine degeneration. Even in the moderate stages of degeneration, treatment can be restorative or reconstructive in nature, such as cartilage transplant or regeneration in osteoarthritis.

These can often be done in a minimally invasive manner such as through an arthroscope and recovery is quite fast. But when left until later, treatment will be more extensive and tends to be replacement in nature, such as total hip replacement for hip osteoarthritis and spinal fusion with screws and rods for advanced spinal degeneration. The time spent in recovery may be quite prolonged. When left to even later, even major procedures may sometimes not restore full function, such as cases when severe nerve damage has occurred in spinal degeneration.

Hence when joint aches and pains develop and do not improve with rest after a few days, it is wise not to delay consulting a professional such as an Orthopaedic Surgeon. The team at The Orthopaedic Centre comprises highly specialised surgeons, anaesthetists and physiotherapists to provide the most advanced and comprehensive treatment to patients. Get your pain diagnosed and start treatment early, and it may paradoxically save time and money.

Get that pain checked

Dr Tan Sok Chuen – Hip and Knee, A/Prof Yue Wai Mun – Spine, Dr Chin Pak Lin – Hip and Knee, Dr Tan Chyn Hong – Shoulder, Knee and Elbow, Dr Su Huan Ching David – Foot and Ankle, Dr Mohammad Mashfiqul – Spine.

ONE-STOP HEALTHCARE PROVIDER FOR ALL MUSCULOSKELETAL RELATED PROBLEMS

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