

# Orthopaedic Services



Ng Teng Fong  
General Hospital

The Department of Orthopaedics offers specialist medical and surgical treatments on musculoskeletal disorders, joint replacements, foot and ankle disorders, among other trauma injuries to patients. Our consultants and surgeons work closely with sports medicine physicians, physiotherapists, podiatrists and other healthcare professionals to help patients return to normal activities after surgery.

# Our services

## Adult reconstruction

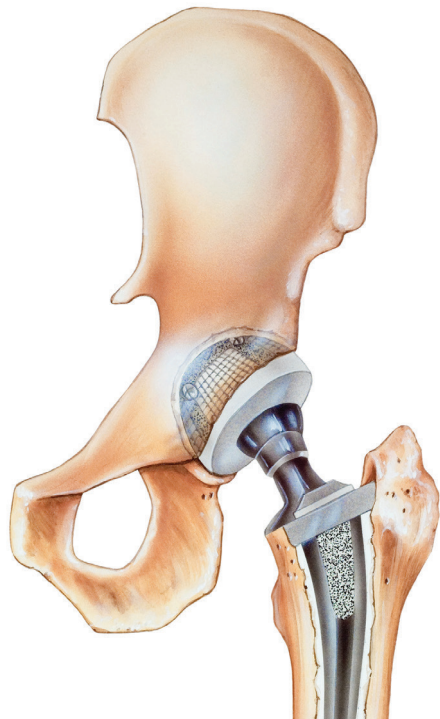
With Singapore's ageing population on the rise, arthritis is a common cause of pain or stiffness in the joints.

To treat it, physiotherapy and joint injections are usually advised to help patients cope with it. In more severe cases, joint replacements are required.

Types of adult reconstructions we offer:

- Primary or revision hip replacement
- Primary or revision knee replacement
- Shoulder or elbow replacement

Joint replacement surgeries will be performed at the Ng Teng Fong General Hospital.



## Foot and ankle

We rely on our feet to take us places. At times, an injury may occur due to sports or a mis-step. Other times, foot and ankle problems arise from:

- A tendon rupture
- Flat foot deformity
- Fractures

## Hand surgery

We see the following conditions:

- Degenerative or inflammatory (rheumatoid) arthritis of the hand
- Elective hand consultations (e.g. trigger finger, carpal tunnel syndrome)
- Simple traumatic injuries

## Spine

Injury to the spine can occur from a few factors. If you suffer from any of the following, please consult us for an assessment today:

- Chronic lower back or neck pain
- Degenerative conditions of the spine (e.g. spinal stenosis)
- Nerve compression due to slipped discs
- Osteoporotic fractures of the spine



## Sports medicine

Sports injuries are common in Singapore, especially with our youth engaging in vigorous and high-impact sports daily. We treat the following conditions:

- Ankle sprains
- Elbow disorders
- Knee instability/ligament injuries (e.g. torn anterior cruciate ligament)
- Meniscal and cartilage injuries of the knee
- Shoulder and joint pain, including the instability of shoulders and joints

Depending on the injury, an MRI scan of your joint or an arthroscopic procedure may be required to assess and treat your injury better. Regular physiotherapy sessions can also help you regain normal function sooner.



## Trauma

Trauma can occur to anyone and catch us unaware. Whether it is from a traffic, industrial accident or mishap that occurred at home, we can treat it for you.

These include:

- Stable fractures (e.g. wrist fractures)
- Surgical management of long bone fractures (e.g. forearm, shin, thigh, upper arm)

If you suffer from any of the above, please consult us for an indepth review today.

## Other services we provide

- Arthroscopic surgery for cartilage damage, tendon impingement, loose bodies, and tendon decompression
- Fractures fixation
- Insole correction
- Operative treatment for deformity correction
- Physiotherapy
- Podiatrist consultation
- Realignment of tendon imbalance and tendon repair/transfer depending on diagnosis



**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*\*Please refer to our websites for more details.*

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

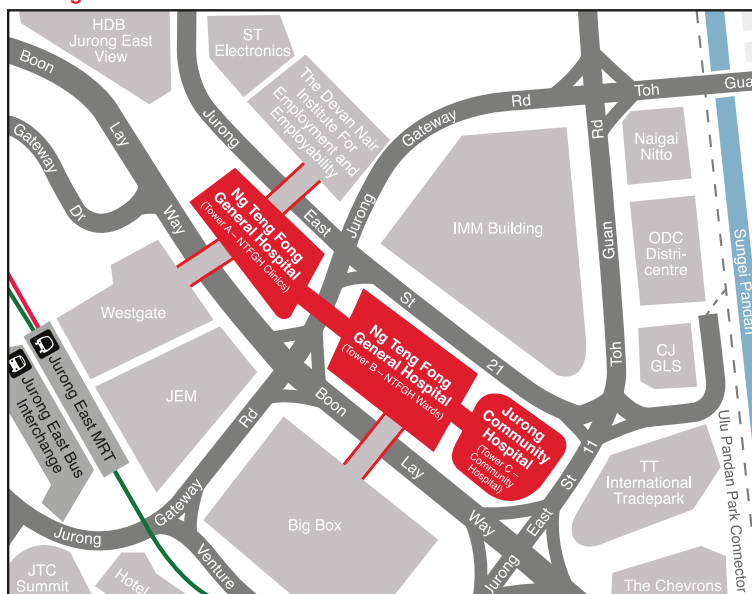
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.