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Make **The Bone & Joint Centre (BJC)** your preferred musculoskeletal partner. With more than 15 years of experience treating patients with various musculoskeletal conditions, we aim to value-add to your mobility, function and lifestyle.



**OUR ORTHOPAEDIC SPECIALIST
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**DIRECTOR AND CONSULTANT
ORTHOPAEDIC SURGEON**

Dr Kevin Koo is a fellowship-trained Consultant Orthopaedic Surgeon and previous Director of Foot and Ankle Service at the Singapore General Hospital. He is also an Adjunct Assistant Professor with both NUS and Duke-NUS Medical Schools.

Dr Koo did his overseas fellowship at St Mary's and Charing Cross Hospitals, Imperial College Healthcare in London, UK, where he worked with internationally recognised surgeons and was involved in the management of elite athletes and professional dancers. He has presented extensively at international, regional and local conferences, and has more than 30 publications in various medical journals.

Visit our website www.bjc.sg for more information.

PROUDLY SUPPORTED BY:



Maintain An Active Lifestyle Understand Your Musculoskeletal System



Bone

The 206 bones in the human body form the skeletal system, which in turn provides support, movement via joints and muscles, protection for internal organs, blood cell production, and storage of minerals like calcium. Conditions that can affect bones include fractures (broken bones) and osteoporosis (brittle bones).



Cartilage

In the joints, hyaline cartilage forms a very low friction, 2-4 mm thick layer that coats the bony surfaces. This allows the bones of the joint to glide over one another during movement.

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.



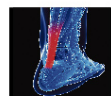
Ligaments

These are fibrous connective tissues that connect bones to other bones. Injuries to ligaments can cause it to be stretched or torn. This can lead to joint instability.



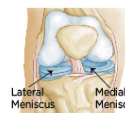
Joint

A joint is a point of articulation between 2 or more bones. They allow for different degrees and types of movement. Occasionally, due to degeneration or wear and tear, a joint may need to be replaced (joint replacement surgery).



Tendons & Muscles

A tendon is a band of fibrous connective tissue that connects muscle to bone. As a muscle contracts, the attached tendon pulls the bone into movement. Inflammation, degeneration or tears of the tendon can occur, resulting in pain and loss of function.



Meniscus

The meniscus is a crescent-shaped fibrocartilaginous structure that acts as a shock absorber in the knee joint. A torn meniscus can cause pain, swelling or locking in the knee.

Maintaining your musculoskeletal health is essential to leading a healthy lifestyle and enjoying quality of life.

We are now open! Conveniently located downtown at Mount Elizabeth Medical Centre, 3 Mount Elizabeth, #14-15, S(228510) | Call 6970 5905/9898 7781, or email hello@bjc.sg to book an appointment.