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He is currently practising sports and exercise medicine at Sports Medicine Clinic, Orthopedic Department Hospital Tuanku Jaafar, Seremban. He obtained his Masters in Sports Medicine from University of Malaya, Kuala Lumpur in 2007. He is recently appointed as National Head of Service for Sports Medicine, Ministry of Health Malaysia and a deputy chairman of Sports Medicine National Specialty Committee.

His main duty is managing injuries and illnesses related to sports and physical activities including prevention, treatment and rehabilitation. He is also doing post-operative rehabilitation program and exercise prescription for chronic medical diseases such as obesity, hypertension, diabetes mellitus and osteoarthritis. He is a founder for first sports medicine gymnasium services in Ministry of Health hospital.

He is a medical consultant for Negeri Sembilan Sports Council, a team physician for Negeri Sembilan in SUKMA (Malaysia Games) and Negeri Sembilan Football Association. He was a medical committee member for Kuala Lumpur SEA Games and ASEAN Paragames 2017. He also involves as tournament doctor for many local and international sport events.

Furthermore, he is a honorary lecturer and examiner for Masters in Sports Medicine program in UM, post-basic Sports Medicine program Ministry of Health, International Medical University (IMU) and Perdana University. He is also a certified sports science instructor (Level I, II and III) and academic advisor for National Coaching Academy, National Sports Institute of Malaysia.