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Chief Editor's Message

Dear Malaysian Arthroscopy Society members,

The Malaysian Arthroscopy Society Editorial Board is overjoyed to announce the second volume of our newsletter, Scope Insight. Six months has passed since our first volume, and a lot of fascinating events have taken place along the way – conferences, training and workshops among them. We are thrilled to share with you the details here and there are a lot more articles from our members as well.

Educational events in 2022 have returned to physical once again. MAS definitely did not want to be left out as well, hence the launch of the 9th MAS Annual Scientific Meeting on 13th-15th of October with the theme "Football Mania", in conjunction with the FIFA World Cup Qatar 2022. Dr. Jonas will recollect all the interesting details in his report on our ASM. You will definitely have fun reading it!

A lot of memorable events occurred in 2022, but we should not forget the struggle we had back in 2020. "From Crisis to Continuity" by Dr. Siva Thangaraju recounts what happened during the early days of the COVID-19 pandemic. Dr. Siva also highlights the lessons we should learn from it. However, the pandemic is not our only concern. Dr. Sugesh Raghavan point out the ACL epidemic that require us to educate the fast emerging physically active youth communities in Malaysia who could be prone to

this injury. Other than that, Colonel (Dr.) Mohammed Munir bin Osman reported on the 21st Arthroscopic ACL Reconstruction Course, a workshop organised by the Department of Orthopaedics 96 Hospital Angkatan Tentera (HAT), Lumut, in collaboration with MAS.

We are also glad to know that MAS members have been able to attend various international conferences, congresses and scientific meetings with the aid of educational grants from MAS. Join our members who report these educational events they have attended. We hope that they have gained valuable experience, exposure and opportunity for great collaboration while they were there.

We conclude our second volume with an article by Dr. Ahmad Farihan on the power of nature in helping our patients recuperate. You should head there because Dr. Ahmad Farihan also lists his top five stunning places he has been. These places could be great for your weekend explorations!

Last but not least, I sincerely hope everyone will enjoy reading this issue of Scope Insight. Have a great time! 🌟

Assoc. Prof. Dr. Teo Seow Hui
Secretary (2021-2023),
Malaysian Arthroscopy Society
MAS Newsletter Chief Editor
(2021-2023)

Football Mania

Written by **Dr. Jonas Fernandez**
 Edited by **Dr. Raymond Yeak**

The crowd stood still and held their breaths. The ball was picked up and placed on the spot. Professor Dr. Mohamad Khairuddin stepped up and calmed his nerves. Standing in his way keeping goal was Dr. Harjeet Singh. With the sweetest of strikes, the ball goes flying pass the despairing goalkeeper and the crowd goes wild.

This was the scene of football mania as the opening ceremony of the 9th edition of the Malaysian Arthroscopy Society Conference kicked off in style. In conjunction with the craze surrounding the World Cup 2022 in Qatar, the MAS conference was themed Football Mania. From football themed props to world cup balls giveaways, everything was in keeping with the theme.

This was no different when it came to the actual programme as well.



continue on page 3

Light-hearted session with Dr. Harjeet and Dr. Kamaljeet during the quiz session

Malaysian Arthroscopy Society 1st Editorial Board (2021-2023)



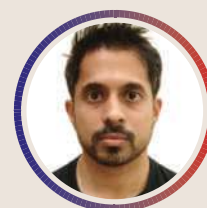
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MAS AGM was held concurrently by the elected MAS committee and attended by MAS members

The conference had a unique touch as it offered the insights on football injuries from not only doctors but also allied health professionals. The first talk of the day were zoomed in on injury prevention in football. These were brilliantly delivered by physiotherapist working closely with the Football Association of Malaysia. Their vast knowledge and more importantly first-hand experience in treating our Harimau Malaya stars were evident from the insights that they shared. They explained the importance of how to properly apply and benefit from sports taping. Proper warm up and conditioning techniques for injury prevention were also demonstrated. Apart from the physical implication of injuries, the psychological aspect is often neglected. Psychologist, Mr Philip Lew shed light on this often overlooked issue as he explained how a holistic approach to the injured athletes will yield a more favourable outcome.

The keynote lecture was delivered by Associate Professor Dr Roman Cugat. Professor Roman is widely considered by many especially in the medical fraternity as the superstar of knee sports surgery. He is often

sought by Europe's elite footballers, having operated on the likes of Kevin De Bruyne and many more. Hailing from Barcelona, he was once an aspiring footballer himself, a product of the famous La Masia football academy. Being someone who had played the sport at a high level offered Prof. Roman invaluable insights into what a footballer goes through, from the different types of boot worn to types of pitch grass made and to the injured/recovering footballer. His keynote lecture on his journey from footballer to surgeon was truly enjoyable and inspiring.

The symposiums presented on day one were all insightful. Common knee injuries seen in footballers were discussed. These include cartilage injuries, ligament ruptures, meniscus injuries as well as knee arthritis. All talks were catered specifically towards injuries seen in footballers. The highlight of the symposium were the talks presented by Prof. Wang Joon Ho, who is the team doctor of the South Korean Football team, better known as the Taeguk Warriors. This is the man behind the scene who will ensure players like Son Hyueng Min perform at the highest level at the World Cup in

Qatar. The day ended with free oral paper presentations and judging sessions of the "Sanusi Ghani" and "Azmi Abdul Latif" awards.

Day two was just as vibrant, kicking off bright and early. The first session was focussed on sporting injuries specific for females. The session focused on some slight difference in treatments for females due to the fact that females have different anatomy to their male counterparts. The same could be said about the next session involving the paediatric population. Their immature bone needs to be respected and dealt with more carefully. All of these were well highlighted.

The plenary lecture was presented by Dr. Peter Campbell, who is well known for his expertise in shoulder surgery amongst others. The other two symposiums of the day also involved talks related to shoulder joint injuries. The talk sessions on knee injuries specifically zoomed in on injuries experienced by footballers, which included injuries such as rotator cuff injuries and shoulder instability.

continue on page 4



MAS ASM was also attended by representatives from KKM Amalan

Following that, the agenda deviated from the academic programme as it included talks held by representatives from Ministry of Health and MAS Annual General Meeting (AGM). The talk from Ministry of Health was a very informative session on KKM Amalan. This was followed by the MAS AGM, as members discussed on important highlights from the

previous year and planned for the future. To unwind after a long day, the participants were treated to a faculty dinner.

The final day started off with lectures on possible treatments for players returning to play after an injury. Up next was a session on the use of biologics to treat knee injuries.

Often thought of as a controversial treatment option, the sharing from the lectures showed that there is a lot of potential and benefits behind this option. The highlights for the final two symposiums were focused on injuries involving the hip and ankle region for footballers as these injuries are often more difficult to diagnose and thus more complicated to treat as well.

The conference concluded with an award presentation ceremony. It was a very touching and heart-warming moment as the late Dr. Sanusi Ghani was honoured for his contribution towards the Malaysian medical industry. His loving family was present to hand out the award to Dr. Robin Low who won the best poster. Last but not least, the Azmi Abdul Latiff award was handed to Dr. Krishnamurthy A/L Genasan, Dr. Wong Wai Kit (1st runner up) and Dr. Liew Mei Yi (2nd runner up).

The closing ceremony signalled the end to a very fruitful and enjoyable conference for all who attended the conference. 🏆



MAS editorial board members who released the first edition of MAS newsletter 'Scope Insight'



From Crisis to Continuity: Lessons from Adapting Arthroscopy Services During the Pandemic

Prepared by **Dr. Siva Thangaraju**

It's safe to say that 2020 was the year when a single virus brought chaos to the 21st century. The multiple waves of the COVID-19 pandemic affected every nation and individual. It disrupted our way of life, devastated economies and shook the foundations of healthcare systems across the globe.

Arthroscopy Services vs the Pandemic: For a while, we lost

As an orthopaedic surgeon specialising in arthroscopy, working at Malaysia's largest tertiary centre, I witnessed the pandemic's impact on delivering essential medical services to patients, including those requiring arthroscopy care.

One of the many challenges the pandemic posed for healthcare providers was the conversion of hospitals into full-time COVID centres. As a result, all arthroscopy outpatient care and elective surgeries were stopped, causing frustration for the surgeons, like myself, and our patients who relied on our care. This "lockdown of services" created a sense of uncertainty and helplessness on both sides.

However, we still persevered to serve our patients as best we

could. The department crafted personal protective equipment (PPE) for our frontliners, and we continued to provide emergency services where possible. Following the Ministry of Health's efforts for service continuity, we started outsourcing arthroscopy services to private centres for patients who needed it the most. This was a very costly endeavour; the final tally was only 25 patients from more than the two hundred that required surgical care.

Eventually, our centre was transitioned to a "Hybrid Hospital", and we gradually resumed arthroscopy services, albeit on a limited scale. At the time, we were operating at 25% of our full capacity.

A quote often attributed to Plato, and adapted over time, states that "Necessity is the mother of invention."

We ventured outside "the box" for our patients

With limited capacity and uncertain timelines for a full return to pre-pandemic services, we re-evaluated our approach to patient care. By screening our existing clinic patients, we prioritised which patients needed in-person follow-ups and which could be safely deferred.

We utilised phone consultations as a starting point for patients who could safely defer in-person visits. We expanded our reach through various online tools, including WhatsApp video calls and short-form physiotherapy videos on Instagram. These proved incredibly useful, especially for patients who were living at a distance from our centre.

continue on page 6

Teleconsulting with WhatsApp:

- Streamlining patient reviews: Review of the patients' records one week before their scheduled appointments
- Categorising patients: Patients were prioritised as high priority (in-person consult needed) and low priority (appointments that could be deferred)
- Assessing patient's needs: Phone interview to assess low priority patients were well enough to be deferred or if they required the consult as planned
- Teleconsulting offer: Patients who postponed appointments were given the option for teleconsulting
- Providing clear instructions: Simple instructions were provided to patients opting for teleconsulting, and verbal consent was obtained
- Utilising familiar technology: WhatsApp was used as most were familiar with the application

Post-op rehabilitation using Instagram:

To overcome the challenge of postponing post-op rehabilitation services, we harnessed the value of short-form video clips on Instagram

- Sports physicians and medical officers created and compiled videos demonstrating targeted basic rehabilitation exercises, e.g., a series of videos for quadriceps strengthening, improving knee range of movements, etc.
- A private Instagram account was created for easy access to the prescribed videos
- Patients received the tailored video series for their specific needs

The challenges

- Not all patients were contactable – these were outliers and did not affect our service capacity
- Some older patients were not familiar with using smartphones and not keen on teleconsulting



- Verbal consent was not ideal – the decision to obtain in-person written consent proved tedious and discouraging
- The increased demand for patient records strained the medical records department
- Setting up for teleconsulting can be time-consuming and is sometimes disrupted by a poor connection
- These measures became unsustainable when full services resumed

Overcoming some of these challenges

- Identifying the suitable candidates – prioritising those who are tech-savvy or have support from younger family members or carers
- Allied health support - Engaging and training nursing and paramedical staff to assist with screening and managing teleconsultation appointments
- Dedicated teleconsult rooms – establishing well-equipped rooms specifically for teleconsulting to streamline the process
- Stable internet connectivity - Ensuring reliable internet service within the hospital to minimise connection problems
- Smooth medical records coordination - Building strong collaboration and cooperation with the medical records department

Concluding thoughts

Technology integration in healthcare systems requires a willingness to adapt, but with proper training and support, this transition can lead to improved efficiency and streamlined operations. The use of multimedia technology in large institutions can play an important role in delivering quality care while reducing clinic load and helping to prevent burnout among doctors and staff. Augmenting technology should be a priority to support patient care and maintain the well-being of healthcare providers. 🚑

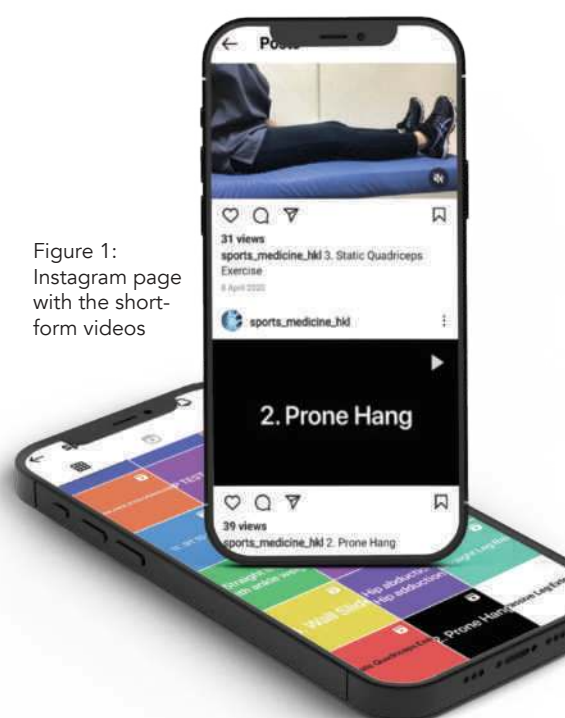


Figure 1:
Instagram page
with the short-
form videos

The ACL Epidemic: "an ounce of prevention is better than a pound of cure"

Prepared by **Dr. Sugesh Raghavan**

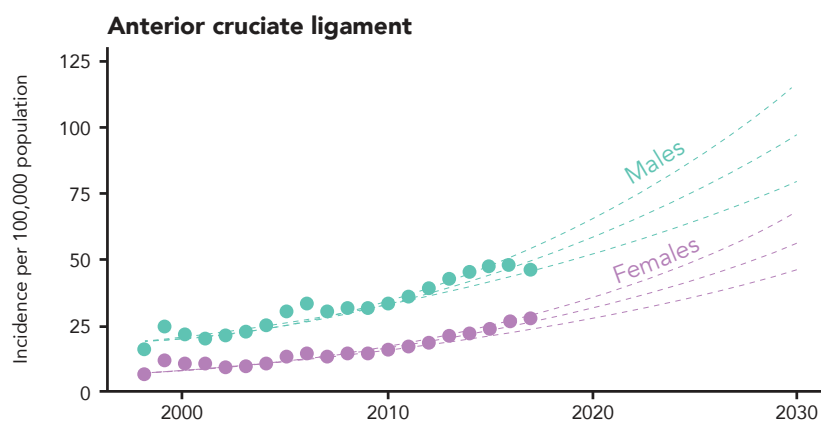
Anterior cruciate ligament (ACL) injuries have grown at an exponential rate over the past few decades. Western literature shows an estimated 400,000 ACL reconstructions done in a year, with these numbers growing every year. The steepest rise in injury rate has been shown to be in the 15 – 24-year-old age group. Many of these patients are as young as teenagers. In fact, some of us may have our own children, niece or nephew who has had an ACL injury. The major concern with these injuries is the long-term sequelae of post traumatic osteoarthritis (OA). Despite our advancements in surgical treatment of ACL injuries, a vast majority of patients still develop OA at a later stage in life. Long term studies have shown approximately 50% of patients who had ACL reconstruction still develop OA within 12 – 14 years. If severe enough, this may mean having a knee replacement even before they are 50 years old. Furthermore, these injuries lead to significant time off sports, lowered academic performance and psychological stress. Treatment of these injuries also pose significant economic burden to our healthcare system with the costly surgical reconstructions and prolonged rehabilitation period.

Research has shown us that majority of ACL tears occur via non-contact injuries, which means that abnormal movement or loading patterns such as knee valgus loading, hip muscle and core muscle weakness leading to these injuries. The good news is that these abnormal loading patterns can potentially be mitigated with specific training and preventive programs.

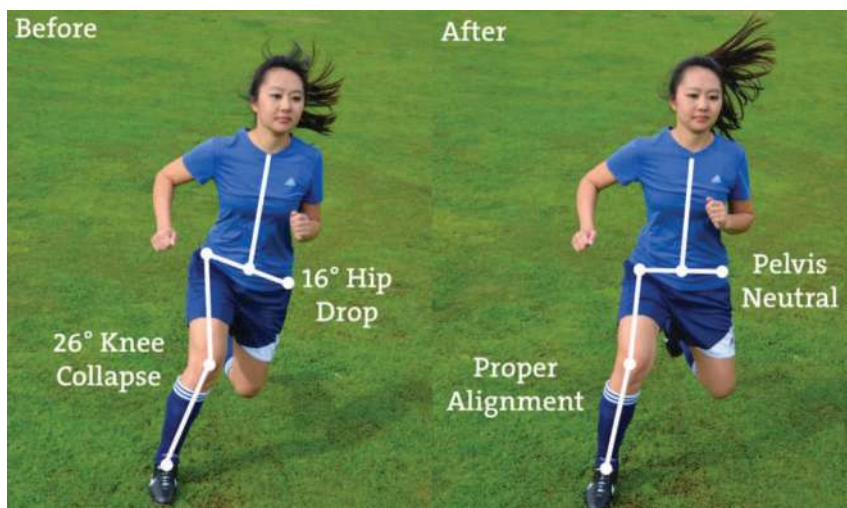
As sports surgeons, many of us encounter patients after they have had an ACL injury and it is only then that they are exposed to prevention strategies, that is

secondary prevention to avoid another ACL injury. Primary prevention needs to be the focus if we are to tackle the rising number of injuries especially in our youth athletes. Multiple prevention programs have been developed over the past several decades in Europe and United States for instance the FIFA 11+ program, Santa Monica Prevent Injury and Enhance Performance Program and the Knee Injury Prevention Program. Most of these programs include components of proprioception training,

continue on page 8



Graph depicting rising trend of ACL injuries over a 20-year period in Australia.: Maniar et al. "Trends in Australian knee injury rates: An epidemiological analysis of 228,344 knee injuries over 20 years." The Lancet Regional Health-Western Pacific 21 (2022)



An example of before and after improvement in movement pattern with injury prevention program. Available from <https://www.sportsmedreview.com/blog/acl-prevention-programs-can-we-do-more-to-prevent-this-catastrophic-injury>

plyometric training, neuromuscular training and strengthening and are designed to easily fit into players warm-up routines. Prevention programs sound good in theory but are they practical and effective in real life? Fortunately, the answer is yes based on several large clinical trials done since the year 1990. In a recent meta-analysis of these clinical trials, injury prevention programs have shown to reduce incidence of ACL injuries by up to 52 % in females and 85% in males. Moreover, evidence from these trials also show that these programs were more effective in the adolescent age group and hence, should be the target group for primary prevention strategies.

Prevention programs are only as good as its rate of implementation and player adherence. Looking back at my schooling days, I

remember physical education (PE) sessions as being “just go out and play” with very little “education” aspect to it. Our young athletes should be coached at the grassroot level, not only on various sports participation but also on injury prevention strategies. We should empower them with the knowledge of potential injury mechanisms and prevention strategies as means to improve player adherence to prevention protocols. Plyometric and strength training have also shown to improve performance in young athletes, and this should be an added incentive for coaches and players to adopt these prevention programs into their training. Nevertheless, despite the effectiveness of prevention programs, literature shows a rather poor rate of implementation, at least in the Western community.

In a survey of high school coaches in America, only 52% reported being aware of injury prevention programs and a mere 21% used it with their teams. Although there is no data on the situation in our country, I believe this calls for greater dissemination of awareness amongst all stakeholders including athletes, coaches, PE teachers and parents on the rising trend of knee injuries and prevention strategies that can be employed.

With the growing trend of ACL injuries, it is imperative that public health measures target ACL prevention programs to minimize the health burden on our young athletes. This may ultimately mean a national prevention program policy to ensure proper implementation especially in high school level where it has shown to be most effective. A national or even international policy by sport associations may help bridge the gap between research and on-field implementation and compliance that we are witnessing now. Successful implementation takes time. Nonetheless, let's start sooner rather than later to stem the epidemic and safeguard the knee health of our young athletes. This article is by no means meant to deter sports participation in our future young generations. In fact, sports participation should be encouraged in all age groups for its various benefits, but the injury potential is real and in the case of ACL injuries, prevention is indeed better than cure. 🙏

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ACL Reconstruction Course 2022

Prepared by **Colonel (Dr.) Mohammed Munir bin Osman**

The Department of Orthopaedics 96 Hospital Angkatan Tentera (HAT), in collaboration with the Malaysian Arthroscopy Society (MAS) organised the 21st Arthroscopic ACL Reconstruction Course on 25 to 27 September 2022. This course was held for the first time in 2001 and has been successfully implemented every year except in 2020 due to the COVID-19 pandemic. The course was officiated by the Honourable Commanding Officer of 96 HAT, Brig Jen Dato' (Dr.) Rushdi bin Abdullah on 26 September 2022.

The objective of this course was to provide exposure and technique in performing ACL surgery. This unique course consists of three components, namely lecture sessions, clinical sessions and pre-operative rounds as well as live surgery sessions, where participants have the opportunity to perform surgery together with the speakers. Prominent speakers in the field of ACL surgery were invited including Mej Jen Dato' (Dr.) Muhammad Amirrudin bin Hamdan, former Medical Director of Bahagian Perkhidmatan Kesihatan, Kor Kesihatan DiRaja



continue on page 10





(KKD); Brig Jen Dato' Pahlawan (Dr.) Musa bin Kasmin, Head of KKD Orthopaedic Services; and Kol (R) Dr. Kok Choong Seng, Vice President of MAS. The participants were 8 Orthopaedic surgeons from all over the country who were interested in Sports Surgery.

A total of 6 cases of ACL surgery were successfully performed and participants were able to witness different techniques and ways of surgery from the speakers. A small number of participants allowed for more effective sharing of experiences and discussions.

Following the positive and encouraging feedback from the participants every year, the Department of Orthopaedics 96 HAT is committed to continue to organise this course in the future to train new Orthopaedic surgeons especially in ACL surgery. 🇲🇾



30th SECEC Annual Congress Dublin 2022

Prepared by **Dr. Vejayan Rajoo**

2022 European Society for Surgery of Shoulder and Elbow annual congress was held in Dublin, Ireland from 7th to 9th of September 2022. It was held in Dublin Convention Center which is located right in the middle of the town. I was able to book accommodation through the organising committee at the Hilton Hotel which was just walking distance from the convention center.

The venue was well suited for the meeting with plenty of rooms and easy access that was attended by a fair numbers of delegates considering the timing being immediately after the pandemic. Although the attendees were mainly from Europe, I did see a sizable group from South Korea.

The congress covered the usual fields such as shoulder instability, rotator cuff pathology, trauma around shoulder and shoulder arthroplasty. I must say that there were disproportionately high free paper sessions, probably to give residents and fellows ample opportunity to present.

Lunch workshops were well attended but the food was not surprisingly cold and not something a Malaysian would recommend.

There were two sessions I considered very interesting. One was selected review of RCTs which is considered impactful by the Judges and another was a presentation of complications and failures encountered by some senior surgeons. I particularly enjoyed and appreciated the

honesty and humility with which these senior surgeons admitted to their mistakes and in the process educated us the attendees. I skipped most of the elbow sessions as it was not relevant to my practice.

In summary, it was a well organized meeting and was slightly different

in approach but not very impactful as far as my practice is concerned. However, this could be a great platform for young surgeons to participate and present papers.

I would like to thank Smith and Nephew and MAS for giving me this opportunity. 🙏



Nice Shoulder Course 2022, France

Prepared by **Dr. Mohd Rusdi Abdullah**

The course was a 3-days full course (7.30 A.M — 6.00 P.M daily) held on 9th to 11 June 2022 at the Hyatt Regency, Nice, France. The faculty members were internationally recognised shoulder surgeon headed by Dr. Pascal Boileau (France).

Among other faculty members were Dr. George Athwal (Canada), Dr. Emilio Calvo (Spain), Dr In-Ho Jeon (Korea), Dr. Laurent Lafosse (France), Dr. Markus Scheibel (Germany) and many others.

The course covered 3 important aspects of shoulder surgeries: arthroscopy, arthroplasty and trauma management. It discussed on the latest and updated concept on the treatment algorithm, choices of technique, debates on different treatment options and related research as well as live surgeries.

Among the most interesting topics for me were the arthroscopic suture button Latarjet procedure, options on anterior glenoid rim reconstruction surgery, option after failed Latarjet procedure, Weaver Dunn procedure for chronic ACJ dislocations, management of osteosutures around RSA for fractures, tendon transfer for irreparable rotator cuff tears, superior capsular reconstruction, allograft reconstruction & RSA for proximal humerus bone loss, Artificial Intelligence (AI) in shoulder arthroplasty and updates on hemi & interposition arthroplasty of shoulder.

All the sessions focused on updated information, lively and open to questions and debates. I gained lots of valuable knowledge and experiences from this course for me to apply in my daily practice. It also improvised my perspective and approach on the treatment of shoulder problems. Thank you very much Malaysian Arthroscopy Society and the committee for this grant. 🙏



The Combined Meeting TOSSM-APKASS 2022

Prepared by **Dr. Bazam Abdul Rani, Dr. Mohd Azrin Shahul Hamid & Dr. Muhammad Ilyas Muhd Ali Noor**

A valuable experience in understanding current concepts and different procedures highlighted during the event in knee and shoulder surgeries. Able to view different products offered by various vendors across the globe.

Happy to be able to exchange knowledge and views with peers and colleagues in the orthopedic world as Covid-19 pandemic disrupted the educational events physically in the past 2 years. - **Dr. Bazam Abdul Rani**



Attended The Combined Meeting of TOSSM-APKASS in Pattaya, Thailand on the 29th of September 2022 to 1st of October 2022. The meeting was organized superbly. The conference venue was splendid. The lectures were delivered by many world-renowned surgeons. The conference schedule was tight, educational and was delivered with new perspective.

The opening ceremony was an amazing affair, whereby the rich Thai culture was on display. All in all, this conference certainly has set a high benchmark for MAS to follow suit. - **Dr. Mohd Azrin Shahul Hamid**



In 2019, I was a fellow of Professor Chanakarn Phornphutkul in Chiang Mai University and was invited to this scientific meeting which was meant to be held in 2020. Unfortunately, due to the pandemic all plans for this conference had to be postponed until this year.

Professor Chanakarn who is the current president of both the Asia-Pacific Knee, Arthroscopy and Sports Medicine Society (APKASS) and the Thai Orthopaedic Society for Sports Medicine (TOSSM) again invited me to attend this meeting and as a previous student I was keen to support his efforts. Thankfully, the Malaysian Arthroscopic Society (MAS) and Smith and Nephew Malaysia helped me in fulfilling this desire. The conference was held from the 29th September 2022 to the 1st October 2022. During these 3 days the conference was held in the Pattaya Exhibition and Conference Hall (PEACH). It was a grand conference befitting its international status.

I was impressed with our Thai counterpart's coordination and scale of their conference. With four halls running different lectures over three days it was impressive and inspiring. The topics ranged from moderate to advanced discussions on the differing practices in arthroscopy and sports surgery. I was particularly interested in the discussions on lateral stabilization requirements in ACL reconstructions.

Thankfully, I was one of many Malaysians who had come for the conference and was able to form new friendships with fellow surgeons from home. At the end of the conference, I was able to meet up with Professor Chanakarn. I congratulated him on an amazing program and expressed my desire to collaborate with him in the future. - **Dr. Muhammad Ilyas Muhd Ali Noor**



The Healing Power of Nature

Prepared by **Dr. Ahmad Farihan**

Living through the COVID-19 pandemic has had a grievous impact on people's mental health and well-being.

Restricted movement, loss, and isolation have led to upsurges in depression, anxiety disorders, stress, sleep disorders, and more. How can we help protect our well-being during this exceptionally tough time? Though a public health response is definitely called for, one way we might try to help ourselves is spending more time immersed in nature.

Vis Medicatrix Naturae (a phrase attributed to Hippocrates), the healing power of nature, has traditionally been defined as an internal healing response designed to restore health.

Almost a century ago, famed biologist Sir John Arthur Thomson provided an additional interpretation of the word nature within the context of *vis medicatrix*, defining it instead as the natural, non-built external environment. He maintained that the millennia had shaped the far-reaching relations between humans and nature, and that these relations could not be ignored or abandoned, without loss in the realm of positive mental health.

In the last decade or so, research on the health benefits of nature

experiences has exploded, confirming what many people know intuitively — that green spaces are good for mental well-being.

Experimental findings show how remarkable and impressive nature's healing powers can be — just a few moments of green can perk up an exhausted brain.

A study by psychiatric unit researchers found that being in nature promoted calm, reduced feelings of isolation and increased mood among patients. More recent studies have also shown that spending time in nature is

an antidote for stress. It lowers down blood pressure, reduces anxiety, increases self-esteem, and enhances the immune system.

Gregory Bratman, PhD, an assistant professor at the University of Washington, and colleagues shared evidence that contact with nature is associated with increases in happiness, subjective well-being, positive affect, positive social interactions and a sense of meaning and purpose in life, as well as decreases in mental distress. ([Science Advances](#), Vol. 5, No. 7, 2019).

_____ continue on page 15



Nature encompasses elements and phenomena of Earth's lands, waters, and biodiversity, across spatial scales and degrees of human influence – G.N. Bratman



Malaysian Orthopaedic Surgeons hiking up Mount Annapurna in 2016 – photo courtesy of Malia

“Forest bathing” – a poetic name for walking in the woods, have been studied by a number of Japanese researchers. They postulated that aerosols from the forests, inhaled during a walk are responsible in the elevated levels of Natural Killer cells in the immune system to fight tumors and infections.

Some countries in the European continent have exercised the concept of forest schools in which education takes place in a natural setting, as they have found that nature makes school children healthier, happier and smarter. The same practice has been taken up in the United States which has increased in numbers of such institutions in the last decade. Not only confined to academic institutions, policy makers & stake holders in recent years have started to implement the concept of increasing access to nature within the urban setting by restoring the urban tree canopy to improve air quality and setting up of new park locations to improve physical activities.

How can all of these relate to us as Orthopaedic Surgeons? Rehabilitation programme within a natural setting may speed up patients recovery as exposure to a natural environment has all the known physical and psychological benefits. Frantz and colleagues

compared outcomes of people who walked outside in either natural or urban settings with those of people who watched videos of those settings. They found that any exposure to nature—in person or via video—led to improvements in attention, positive emotions and the ability to reflect on a life problem. But the effects were stronger among those who actually spent time outside (Mayer, F.S., et al., [Environment and Behavior](#), Vol. 41, No. 5, 2009).

For instance, the ward setting in a hospital or physiotherapy room for post-operative patients could be designed in way to mimic the great outdoor. More recently, scientists have begun exploring whether virtual reality nature experiences are beneficial. In a review of this work, Mathew White, PhD, an environmental psychologist at the University of Exeter in England, and colleagues concluded that while the real deal is best, virtual reality can be a worthwhile substitute for people who are unable to get outdoors, such as those with mobility problems or illness ([Neuropsychiatric Disease and Treatment](#), Vol. 14, 2018).

There are many ways that people can link their well-being to the natural environment. Some enjoy a simple walk in the park, and some would take on more challenging activities like rock

climbing, mountain trail hiking, off-road mountain biking, high rope courses and etc.

So what’s my nature fix? - Chasing waterfalls. It is one of the best kinds of adventures! They are one of mother nature’s most enigmatic and enchanting creations in the world.

“Don’t go chasing waterfalls, please stick to the rivers and the lakes that you’re used to”

The above lines known to most people as sang by TLC is illusory. In reality, the voyage of getting to a waterfall has greater sense of satisfaction.



**Grace is finding
a waterfall when
you were only
looking for a
stream**

~Vanessa Hunt~

There is just something about their beauty that makes us naturally drawn to them. It is just mesmerizing watching water tumble off a rock face into a pool or raging river beneath. The noise

continue on page 16

it makes, the sheer volume of water – it's simply magical. They are amazing to look at, just making you happier, refreshed and giving you a more positive mindset.

Scientifically, waterfalls are a source of negative ions, which are "odourless, tasteless, and invisible molecule; believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression relieve stress, and boost our daytime energy," according to WebMD.

Reaching a waterfall is a very goal-oriented adventure. The route or hike trail could sometime be easy or challenging to one's agility and fitness as the terrain could be tough to one's knee and ankle. However, once you finally get there, you feel a great sense of accomplishment. As the saying goes, difficult roads lead to beautiful destinations.

Waterfalls in Malaysia are as majestic, flowing, and gorgeous as they can get. This southeast tropical nation is a treat for cascades lovers. From gigantic roaring cascades to quiet mall rapids across Malaysia will captivate you. There are over 100 known waterfalls in Malaysia. Try chasing one! Here are my best top 5. 🌊

**I firmly believe
that nature
brings solace
in all troubles**
~Anna Frank~



“
1

Kanching Waterfall,
Selangor

“
2

Sungai Chilling
Waterfall, Selangor



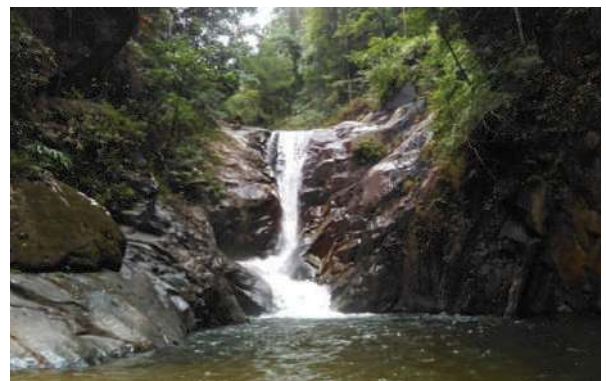
“
3

Rainbow Falls in
Sungai Lembing,
Pahang



“
4

Ulu Chepor
Waterfall, Perak



“
5

Giam Klimau
Waterfall, Sarawak



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