



Orthopaedic Surgery

By Dr Mun Khin Chan, Orthopaedic Surgeon

Dr MK Chan

MBBS, FRACS, FAOrthoA
Orthopaedic Surgeon
Shoulder / Elbow / Hand / Trauma

Clinical and Surgical Interests:

- Shoulder injuries, rotator cuff tear and arthritis
- Elbow injuries, stiff elbow, arthritis, tennis/golfer's elbow
- Hand and wrist conditions like Dupuytren's contracture, carpal tunnel syndrome and trigger finger
- Shoulder, elbow and wrist arthroscopy and arthroplasty
- Orthopaedic trauma

To arrange an appointment with Dr MK Chan, please contact:

MTP Health, Level 1,
Suite 102-105, 10 Tilley Lane,
Frenchs Forest, NSW 2086

Also consulting in St Leonards
and Tamworth.

P 02 9055 1766

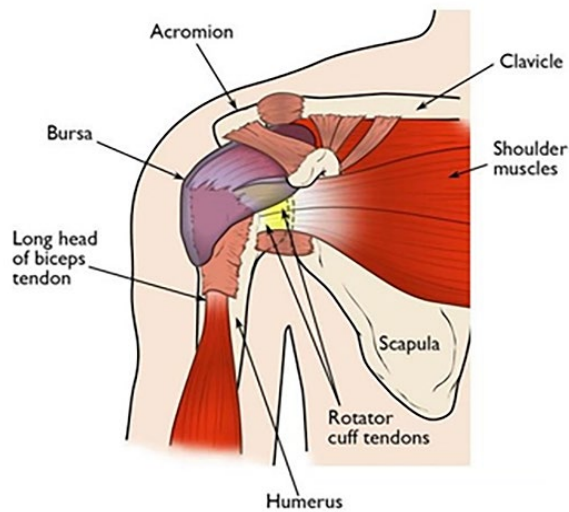
E admin@mtphealth.com.au
drmkchan.com

Northern Beaches Hospital

105 Frenchs Forest Road (West),
Frenchs Forest NSW 2086

P 02 9105 5000

northernbeacheshospital.com.au



Rotator Cuff Tear

Rotator cuffs are muscles and their tendons that attach to the humeral head. Their functions are to move the shoulder as well as to centralise the humeral head on the glenoid.

The tendons around the shoulder can be torn due to degeneration (wear and tear) or trauma or a combination

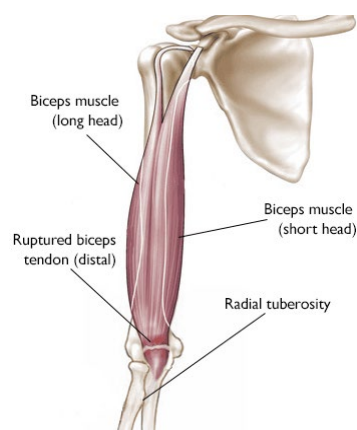
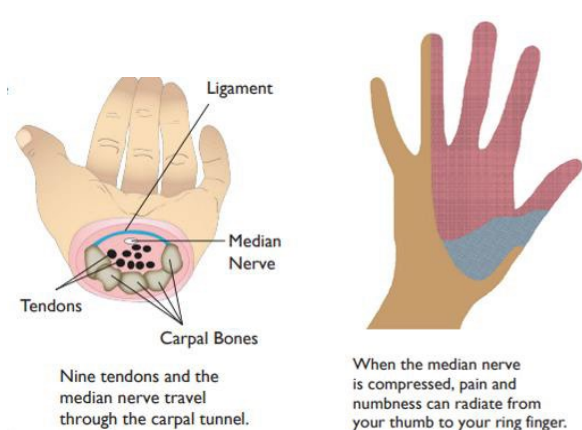
Some tears can cause pain and weakness. In advanced cases, rotator cuff tears can cause the cartilage lining of the shoulder joint to be damaged.

Patients will be assessed to confirm the diagnosis and to look for other pain generators in the shoulder. X-ray, ultrasound and MRI scans will be ordered to confirm the pathology.

Surgery to repair the torn rotator cuff may be offered to patients who have significant symptoms severely affecting their quality of life and failing non-operative treatment options. The surgery involves reattaching the torn tendons back to the bone. The tendon then, needs to heal to the bone. The recovery period is a minimum of 6 months and post-operative physiotherapy is essential to achieve a good outcome.

MTP Health also consists of physiotherapists and exercise physiologists who play an essential role in non-operative management as well as post-operative rehabilitation. They accept direct referrals as well.





Carpal Tunnel Syndrome

Carpal tunnel is a condition in the wrist which nine tendons to the hand and the median nerve pass through.

When the tissue lining the tendons become swollen, the median nerve is compressed causing pins and needles from the thumb to ring finger.

In many cases, there is no cause found. Some predisposing factors include hereditary, repetitive hand use, pregnancy and certain health conditions like diabetes, rheumatoid arthritis, and thyroid abnormalities.

The diagnosis is made clinically. If non surgical treatment methods are not or the symptoms are severe, surgery in the form of releasing the transverse carpal tunnel ligament to make room for the median nerve is an option. This surgery is called carpal tunnel release. The goal of surgery is to relieve the pressure off the median nerve. This improves and prevents further progression of the symptoms. In cases where permanent damage has already occurred symptoms may not resolve completely.

Biceps Tendon Rupture

Distal biceps tendon rupture results in about 60% loss of supination power and 40% loss of flexion power. In many situations, surgery is recommended to reattach the tendon back to the radial tuberosity to minimise strength loss. Surgery should preferably be done within 3 weeks from injury. If not, scarring and retraction of the tendon may make it not repairable or increase surgical risks.

Gentle range of motion exercises can be commenced after 2 weeks but a sling is to be worn until 6 weeks after surgery. Gradual return to physical activities, lifting, weight bearing and strengthening are permitted 3 months after surgery. Return to work office-based duties may be possible in 2 weeks, manual work 3-4 months, and driving in 6 weeks after surgery.

Dr MK Chan

Dr Chan is a trilingual (English, Cantonese and Malay) Australian fellowship-trained orthopaedic surgeon specialising in upper limb conditions and orthopaedic trauma.

Some of the most common orthopaedic surgeries he performs include fractures of the wrist, ankle, elbow, shoulder and tendon tears such as the rotator cuff.

Dr Chan obtained his medical degree (MBBS) from the University of New South Wales in 2010. He then completed his training in orthopaedic surgery in NSW and was awarded the Fellowship of the Australian Orthopaedic Association (FAOrthoA) and the Fellowship of the Royal Australasian College of Surgeons (FRACS). He completed fellowships in shoulder, elbow and hand with a specific focus in arthroscopy (key-hole surgery), arthroplasty (joint replacement), and sports injuries.