



**Centurion**  
Orthopaedic Centre

**Calendar**

**2026**



+65 9623 7153



+65 6970 5835



<https://coc.sg/>



# Centurion Orthopaedic Centre

Welcome to the 2026 Orthopaedic Health & Wellness Calendar!

*Each month of this **Centurion Orthopaedic Centre** highlights a key bone, joint or muscle condition complete with symptom insights, treatment pathways and practical prevention tips. By flipping through these pages, scanning the QR codes, and staying informed you become an active partner in your own care. Let us help you move with confidence, free from pain, all year long.*

## How to Use:

- **Learn** – about common conditions each month.
- **Scan** – QR codes for more detailed information.
- **Stay Healthy** – follow practical prevention tips.



**Staying  
Active**



**Maintaining  
Health and  
Motion**



**Improving  
Performance**



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Keeping You in Motion with Advanced Muscle, Bone & Joint Solutions

## Dr Bruce Ang

Dr Bruce Ang has more than 20 years of Orthopaedic experience. He has performed more than 6000 orthopaedic surgeries and more than 1500 knee surgeries. He has particular expertise in Knee, Hip, and Shoulder conditions and he sub-specialises in Minimally Invasive treatment of joint conditions, joint replacements, and fractures.

- Orthopaedic Surgeon
- Senior Consultant
- Graduated from National University of Singapore
- Worked at Singapore General Hospital and The Royal Orthopaedic Hospital in UK
- Fellow of The Royal College of Surgeons of Edinburgh, FRCSEd(Orth)
- Fellow of the American College of Surgeons, FACS
- Sub-Specialises in Knee problems, Sports Injuries, and Joint Degeneration
- Uses non-surgical and surgical treatments with sound scientific basis
- Approachable, empathetic, and kind
- Author of numerous book chapters on knee surgeries



## Dr Tan Shi Ming

Dr Tan Shi Ming has dedicated more than 20 years practising medicine. As a MOH-accredited and fellowship-trained surgeon, he brings a wealth of experience and knowledge in the field of orthopaedics. Dr Tan sub-specialises in Foot and Ankle conditions such as bunions, toe deformities, ankle arthritis, and sports injuries of the foot and ankle.

- Orthopaedic Surgeon
- Senior Consultant
- Graduated from National University of Singapore
- Worked at Singapore General Hospital
- Fellowship training in UK, Switzerland and France
- Fellow of The Royal College of Surgeons of Edinburgh, FRCSEd(Orth)
- Fellow, Academy of Medicine, Singapore (FAMS)
- Versatile in non-surgical and surgical methods of treatment
- Remains an avid athlete in running, hiking, football



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# Our Dedicated Team

Providing comprehensive bone and joint care with  
sincerity, empathy, and service excellence



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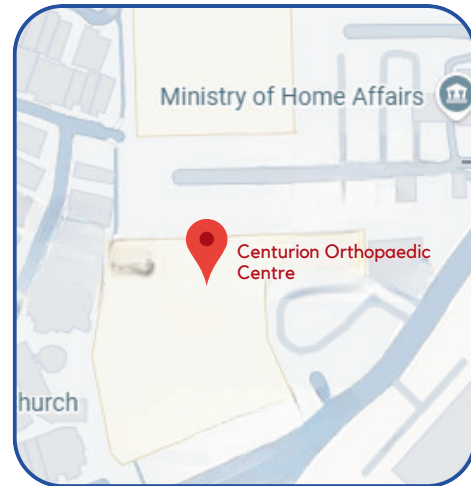


# Centurion Orthopaedic Centre

## Our Clinic Locations

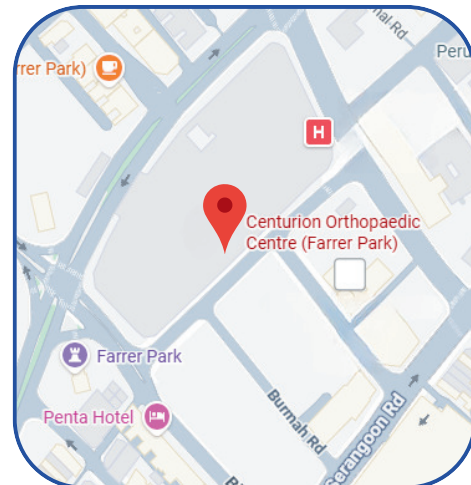
### **Centurion Orthopaedic @Mount Elizabeth Novena**

- 📍 38 Irrawaddy Rd, #07-40 Mount Elizabeth Novena Specialist Centre, Singapore 329563
- ☎ Tel: +65 6970 5835
- 💬 WhatsApp to book Appointment: +65 9623 7153
- ✉ Email: [contact@coc.sg](mailto:contact@coc.sg)



### **Centurion Orthopaedic @Farrer Park**

- 📍 1 Farrer Park Station Road, #14-09/10 Connexion, Singapore 217562
- ☎ Tel: +65 6322 3625
- 💬 WhatsApp to book Appointment: +65 9723 3741
- ✉ Email: [contactfph@coc.sg](mailto:contactfph@coc.sg)



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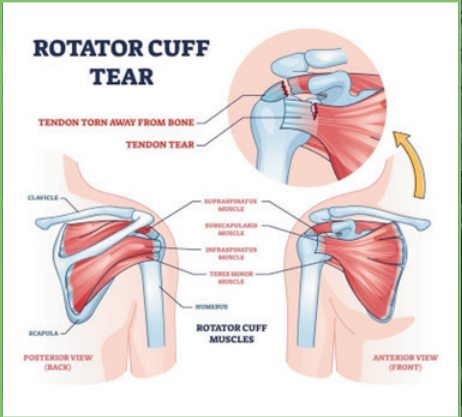
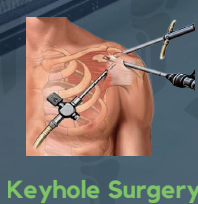
Rotator Cuff Injuries

- Rotator Cuff comprise of 4 important mucle and their tendons around the shoulder joint, providing stability and allowing for wide range of motion
- Injuries such as tears, ruptures, tenosynovitis may occur due to repetitive nature of these sports

Common Symptoms

- Pain, Disturbed Sleep
- Weakness, Difficulty with Reaching Behind Back

Treatments



SUN	MON	TUE	WED	THU	FRI	SAT
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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Scan this QR to read more on the condition!



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# February - Pickleball + Padel Injuries Badminton + Tennis Injuries

# 2026

## Wrist Sprains / TFCC Tears

The Triangular Fibrocartilage Complex (TFCC) is an ulnar-sided ligament complex that stabilises the wrist. TFCC can be injured from falls or wrist pronation/supination movements

## Common Symptoms

- Ulnar-sided pain
- Clicking/Grinding Sensation
- Weak Grip Strength

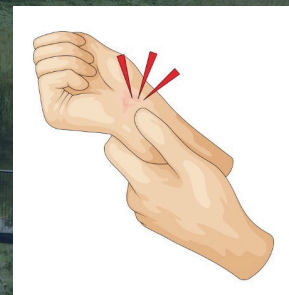
## Treatments

### Non-Surgical Treatment

- Mild/moderate cases
- Includes Platelet-Rich-Plasma (PRP) and/or immobilisation with a wrist brace, gentle exercises

### Surgical Treatment

- Severe cases
- Keyhole reconstruction of TFCC Complex
- Followed by period of Rehabilitation



Wrist Brace

SUN	MON	TUE	WED	THU	FRI	SAT
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# March - Pickleball + Padel Injuries Badminton + Tennis Injuries

# 2026

## Ankle Ligament Sprains + Achilles Tendon Injuries

Rapid lateral movements and sudden stops can result in ligamentous injuries and Achilles tendon injuries

### Common Symptoms

Ankle Ligament Sprains:

- Pain, swelling, bruising after rolling / twisting ankle
- Inability to weight-bear
- "Loose ankle", instability sensation

Achilles Tendon Injuries:

- Severe Pain
- "Pop" sensation in ankle
- Inability to tip-toe, push-off foot

### Treatments

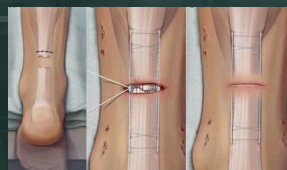
- Arthroscopic Ligament Reconstruction
- Achilles Tendon Mini-Open Repair



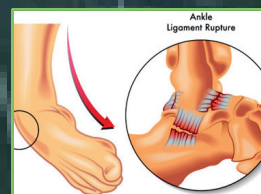
Ankle Brace



Arthroscopic Ligament Reconstruction



Achilles Tendon Keyhole Repair



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April - Pickleball + Padel Injuries  
Badminton + Tennis Injuries

2026

Elbow Epicondylitis—Tennis Elbow & Golfer’s Elbow

Common Repetitive Strain injuries (RSI) due to inflammation and microtears of tendons around elbow, resulting from repetitive motions of the elbow and forearm. Common in tasks such as using computer mouse/keyboard

Treatment

Non-Surgical Treatment

- Adequate Rest
- Anti-inflammatory Medications
- Elbow Brace
- Physical Therapy
- Injections
- Extracorporeal Shockwave Therapy (ESWT)

Surgical Treatment

- For severe, refractory cases



Extracorporeal Shockwave Therapy (ESWT)

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# May - Running + MMA Injuries

# 2026

## Plantar Fasciitis

Very common condition amongst runners and individuals with prolonged standing/walking activities

## Risk Factors

- 40-60 years old
- Tight calf muscles
- Flat foot / low-arch individuals
- High BMI

## Treatment

### Non-Surgical Treatment

- Stretching/Physical Therapy
- Night Splints
- Foot Orthotics
- Extracorporeal Shockwave Therapy (ESWT)

### Surgical Treatment

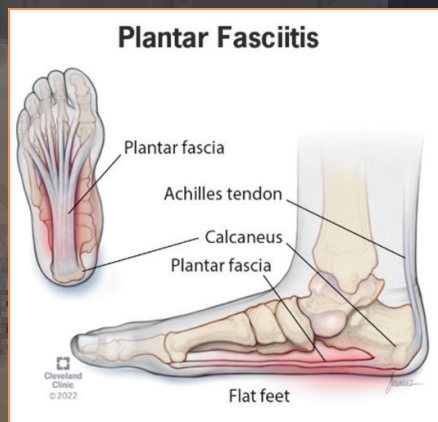
- For severe, refractory cases



Night Splints



Extracorporeal Shockwave Therapy (ESWT)



SUN	MON	TUE	WED	THU	FRI	SAT
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24	25	26	27 Hari Raya Haji	28	29	30
31 Vesak Day						



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Stress Fractures

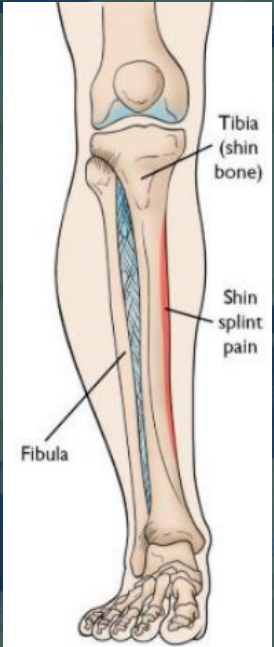
- Defined as a crack in bone that occurs due to repetitive stress/loading of the bone
- Also termed stress injuries

Treatment

- Rest
- Diagnostic Tests
- RICE therapy, Bracing
- Physical Therapy
- Gradual Return to Training

Shin Splints

- Pain along the shin bone (tibia)
- Common in runners, dancers, and military personnel
- Also known as Medial Tibial Stress Syndrome
- Occurs due to repetitive stress on bone, ligament, tendon tissues



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July - Running + MMA Injuries

2026

IT Band Syndrome (ITB Syndrome)

Common source of pain in outer knee runners, pain occurs when ITB (long strip of connective tissue from hip to knee) becomes inflamed due to repetitive running movements

Risk Factors



Muscle tightness / Inadequate Warm-up Regime



Excessive training / Sharp Increase in Training Intensity



Faulty biomechanics



Repetitive or Improper Training Technique

Treatment

- Diagnostic Tests to exclude other sources of pain
- Focussed Stretching and Strengthening Programme
- Tailored return training regime back to desired intensity
- Physical Therapy



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Knee—ACL Tear

Usually occurs during a twisting knee injury when changing direction or pivoting, often associated with meniscal tears. Important knee stabiliser for knee rotation movements

Common Symptoms

- Mechanism: Twisting knee injury
- Knee swelling and pain
- Bruising
- Instability symptoms (i.e. buckling, giving way, inability to turn)

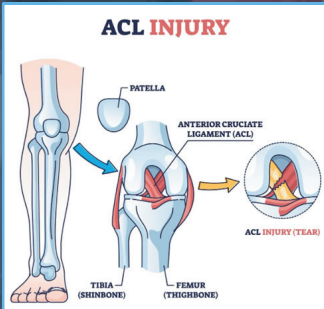
Treatment

Non-Surgical Treatment

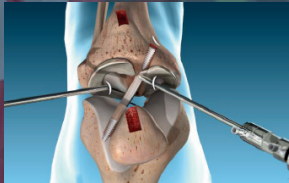
- Knee Bracing
- Diagnostic Tests
- Physical Therapy

Non-Surgical Treatment

- Arthroscopic Knee Ligament Reconstruction



ACL Rehabilitation Programme



Keyhole Ligament Reconstruction

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30	31					



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Knee—Meniscus Tear

The meniscus is an intra-articular structure that acts as a cushion and stabilises the knee. Meniscal tears are common in sports involving twisting, bending and squatting motions

Common Symptoms

- Knee swelling and pain
- Instability symptoms (i.e. buckling, giving way, inability to turn
- Locking, clicking

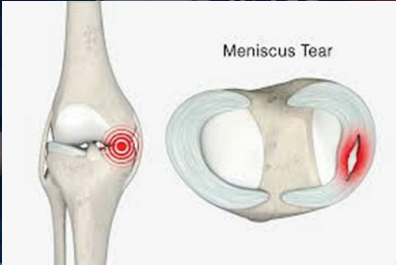
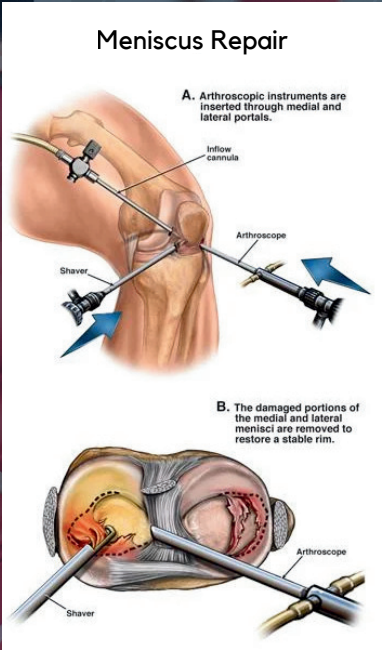
Treatment

Non-Surgical Treatment

- Knee Bracing
- Diagnostic Tests
- Physical Therapy

Non-Surgical Treatment

- Arthroscopic Meniscal Repair



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Muscle Injuries—Hamstrings, Quadriceps, Gastrocnemius & Biceps

Muscle Injuries (pull, strains, tears) are very common in sports such as football, basketball and athletics. They commonly occur due to sudden acceleration, decelerations and changes in directions

Common Symptoms

Hamstring Injuries:

- Range from mild strain to complete rupture
- Felt as sharp pain in thigh during sprinting/kicking with weakness

Gastrocnemius Tear:

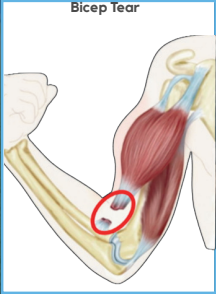
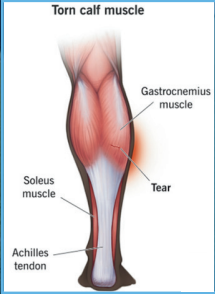
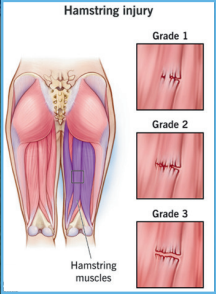
- Common in sports with sudden push-offs (e.g. sprinting)
- Pain along calf muscles

Bicep Tear:

- Often due to forceful elbow movements
- Popeye, elbow flexion weakness

Treatments

- Diagnostic Tests (e.g. Ultrasound)
- Physical Therapy



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Osteoporosis

Common condition that occurs due to reduced bone mineral density and results in brittle bone sustaining fragility fractures

Common Fracture Sites

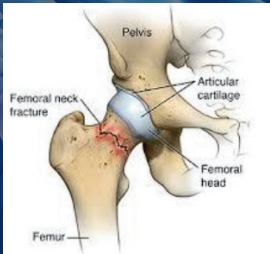
- Hip - Femoral Neck/Intertrochanteric Fractures
- Spine - Vertebral Compression Fractures
- Wrist - Distal Radius Fractures

Risk Factors

- **Nonmodifiable:**  
Advanced age, Female, Family history, Low BMI
- **Modifiable:**  
Smoking, Inadequate vitamin D, Long-term Steroids

Prevention & Treatment

1. Balanced Diet
2. Weight-bearing Exercises
3. Medications



Summary Table of Medications for Osteoporosis		
Medication	Route	Timing
1st Tier Drugs (Mild to Moderate Osteoporosis)		
Bisphosphonates	Oral or IV infusion	Daily or yearly
Raloxifene (SERM)	Oral	Daily
2nd Tier Drugs (Moderate Osteoporosis)		
Denosumab	Subcutaneous Injection	Every 6 Months
3rd Tier Drugs (Severe Osteoporosis)		
Teriparatides	Subcutaneous Injection	Daily
Romosozumab	Subcutaneous Injection	Monthly



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# December - Orthobiologics / Extracorporeal Shockwave Therapy (ESWT)

2026

## Non-Surgical Therapeutic Modalities

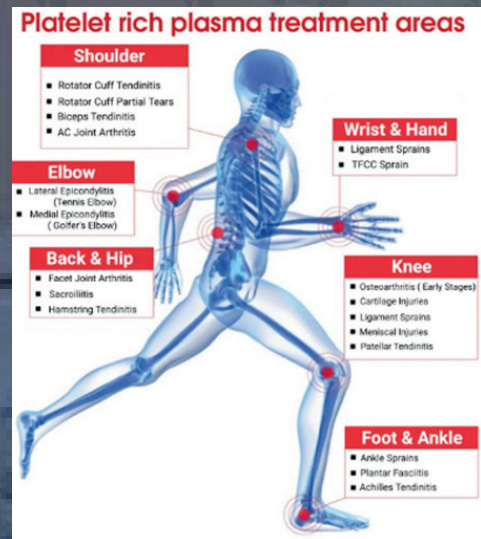
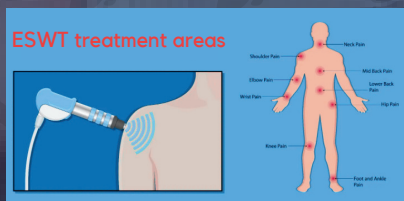
These newer modalities very effective treatment options when conservative measures fail. They seek to accelerate healing, reduce symptoms in certain tissue groups such as ligaments, tendons and cartilage

### Platelet-Rich Plasma Therapy

- Utilises the patient's own blood to obtain platelet-rich plasma with heal concentration of healing factors to stimulate and augment healing environment

### Extracorporeal Shockwave Therapy

- Non-invasive treatment option of delivering ultrasound frequency waves to stimulate and accelerate healing of tissues (e.g. tendon, plantar fascia)



SUN	MON	TUE	WED	THU	FRI	SAT
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27	28	29	30	31	Christmas Day	



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