



(PERUBATAN SUKAN)

**JABATAN ORTOPEDIK, HOSPITAL SULTAN ZAINAL ABIDIN (HoSZA)
& FAKULTI PERUBATAN, UNIVERSITI SULTAN ZAINAL ABIDIN (UniSZA)**

Bil.	PERKHIDMATAN / RUNDINGAN	CATATAN	KAEDAH & LANGKAH MENDAPATKAN RAWATAN	PERTANYAAN & TEMUJANJI
1.	<i>Sports related injury – knee, shoulder, foot & ankle</i>	1. Knee - Diagnostic arthroscopic examination of joint without biopsy 2. Knee - Diagnostic arthroscopic examination of joint, with biopsy 3. Knee - High Tibial Osteotomy 4. Knee - Allograft reconstruction of cruciate ligament, including arthroscopic 5. Knee - Simple anatomical repair of Knee ligaments 6. Knee - cartilage (Microfracture)	Semua perkhidmatan dan perundingan yang ditawarkan, mana – mana rawatan dan perundingan yang tidak terdapat dalam jadual ini, caj rawatan tertakluk kepada senarai di Jabatan Ortopedik, HoSZA (i) Surat rujukan daripada doktor/ fisioterapi kepada klinik pakar ortopedik HoSZA. (ii) Tarikh temujanji ditetapkan oleh pihak klinik. (iii) Tidak dibenarkan kes “walk-in”. (iv) Bagi kes yang memerlukan pemerhatian awal, doktor/ fisioterapi boleh menghubungi klinik pakar ortopedik untuk berbincang dengan pegawai perubatan/ Pakar Ortopedik. (v) Bagi kes kecemasan, perlu dirujuk terus ke Jabatan Kecemasan untuk pemeriksaan lanjut. (vi) Kes – kes khas boleh dirujuk kepada Pakar Ortopedik sahaja.	TEL: 09-6655555 Ext: 2500 1. PROF. MADYA DR. MOHD ARIFF BIN SHARIFUDDIN Pakar Ortopedik Tel: 019-3352499 2. DR. NUR AZREE FERDAUS BIN KAMUDIN Pakar Ortopedik Tel: 017-3023588 3. DR. ZARAIHAH BINTI MOHD RASHID Pakar Ortopedik Tel: 019-9141418 4. EN. FITRI BIN OMAR Jururawat/ Penyelia Klinik Ortopedik Tel: 016-4101735 WAKTU OPERASI: 9.00 am – 5.00 pm (Isnin – Jumaat) TUTUP – Cuti Umum WAKTU REHAT: Isnin – Khamis: 1.00 pm – 2.00 pm Jumaat: 12.15 pm – 2.45 pm
2.	<i>Fracture/ dislocations related to the long bones and joints</i>	7. Knee - cartilage (Osteochondral graft) 8. Knee - cartilage (Megagraft) 9. Knee - cartilage (Others) 10. Knee - Posterior Cruciate Ligament (avulsion fixation) 11. Knee - Anterior Cruciate Ligament (avulsion fixation) 12. Knee - Primary Anterior Cruciate Ligament (ACL) Reconstruction with arthroscopic 13. Knee - Secondary Anterior Cruciate Ligament (ACL) Reconstruction with arthroscopic (Revision)		
3.	<i>Pain intervention – injections, radiofrequency ablations</i>	14. Knee - Primary Lateral Collateral Ligament (LCL) Reconstruction with arthroscopic 15. Knee - Secondary Lateral Collateral Reconstruction with arthroscopic (Revision) 16. Knee - Primary Posterior Cruciate Ligament (PCL) Reconstruction with arthroscopic 17. Knee - Secondary Posterior Cruciate Ligament (PCL) Reconstruction with arthroscopic (Revision) 18. Knee - Primary Medial Collateral Ligament (MCL) Reconstruction with arthroscopic 19. Knee - Secondary Medial Collateral Ligament (MCL) Reconstruction with arthroscopic (Revision) 20. Knee – Primary Posterolateral Corner 21. Knee – Secondary Posterolateral Corner (PLC) Reconstruction with arthroscopic (Revision) 22. Knee - Meniscus Allograft Transplant 23. Knee - Meniscectomy (Total) 24. Knee - Meniscectomy (Partial) 25. Knee - Meniscal Repair (Open) 26. Knee - Meniscal Repair (Arthroscopy) 27. Knee - Patella Tendon Reconstruction 28. Knee - Patella Femoral Ligament Reconstruction		

1.	Sports related injury – knee, shoulder, foot & ankle	29. Knee - Patella Lateral Release	Semua perkhidmatan dan perundingan yang ditawarkan, mana – mana rawatan dan perundingan yang tidak terdapat dalam jadual ini, caj rawatan tertakluk kepada senarai di Jabatan Ortopedik, HoSZA	TEL: 09-6655555 Ext: 2500			
		30. Knee - Patella Medial Plication					
		31. Knee - Synovectomy					
		32. Knee - Distal Patella Realignment					
		33. Knee - Loose Body Removal					
		2.			Fracture/ dislocations related to the long bones and joints	34. Shoulder - Rotator cuff repair (Arthroscopic assisted)	(i) Surat rujukan daripada doktor/ fisioterapi kepada klinik pakar ortopedik HoSZA.
						35. Shoulder - Rotator cuff repair (open)	
						36. Shoulder - Extensive rotator cuff repair (greater than 2 cm tear)	
						37. Shoulder - Revision rotator cuff repair	
						38. Shoulder - Sub-acromial decompression (Open)	
						39. Knee - Secondary Posterolateral Corner (PLC) Reconstruction with arthroscopic (Revision)	
		3.			Pain intervention – injections, radiofrequency ablations	40. Knee - Meniscus Allograft Transplant	(ii) Tarikh temujanji ditetapkan oleh pihak klinik. (iii) Tidak dibenarkan kes “walk-in”. (iv) Bagi kes yang memerlukan pemerhatian awal, doktor/ fisioterapi boleh menghubungi klinik pakar ortopedik untuk berbincang dengan pegawai perubatan/ Pakar Ortopedik. (v) Bagi kes kecemasan, perlu dirujuk terus ke Jabatan Kecemasan untuk pemeriksaan lanjut. (vi) Kes – kes khas boleh dirujuk kepada Pakar Ortopedik sahaja.
						41. Knee - Meniscectomy (Total)	
						42. Knee - Meniscectomy (Partial)	
						43. Knee - Meniscal Repair (Open)	
						44. Knee - Meniscal Repair (Arthroscopy)	
						45. Knee - Patella Tendon Reconstruction	
						46. Knee - Patella Femoral Ligament Reconstruction	
						47. Knee - Patella Lateral Release	
						48. Knee - Patella Medial Plication	
						49. Knee - Synovectomy	
						50. Knee – Distal Patella Realignment	
						51. Knee - Loose Body Removal	
						52. Shoulder - Rotator cuff repair (Arthroscopic assisted)	
						53. Shoulder - Rotator cuff repair (open)	
						54. Shoulder - Extensive rotator cuff repair (greater than 2 cm tear)	
						55. Shoulder - Revision rotator cuff repair	
						56. Shoulder - Sub-acromial decompression (Open)	
						57. Shoulder - Sub-acromial decompression (Arthroscopic)	
58. Shoulder - Lata jet Procedure							
59. Shoulder - Bankart Repair (open)							
60. Shoulder - Bankart Repair (Arthroscopic)							
61. Shoulder - complex Shoulder cavity reconstruction with bone graft (anterior/posterior)							
62. Shoulder - capsular shift (open)							
63. Shoulder - capsular shift (Arthroscopic)							
64. Shoulder - Remplissage							
65. Shoulder - Acromion clavicle (Distal excision - open)							
66. Shoulder - Acromion clavicle (Distal excision - Arthroscopic)							
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Pakar Ortopedik
Tel: 019-3352499
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Pakar Ortopedik
Tel: 019-9141418
4. **EN. FITRI BIN OMAR**
Jururawat/ Penyelia Klinik Ortopedik
Tel: 016-4101735

1.	<i>Sports related injury – knee, shoulder, foot & ankle</i>	67. <i>Shoulder - Acromion clavicle (Weaver-Dunn)</i>	Semua perkhidmatan dan perundingan yang ditawarkan, mana – mana rawatan dan perundingan yang tidak terdapat dalam jadual ini, caj rawatan tertakluk kepada senarai di Jabatan Ortopedik, HoSZA	TEL: 09-6655555 Ext: 2500	
2.	<i>Fracture/ dislocations related to the long bones and joints</i>	68. <i>Shoulder - Acromion clavicle (Injection)</i>			1. PROF. MADYA DR. MOHD ARIFF BIN SHARIFUDDIN Pakar Ortopedik Tel: 019-3352499
3.	<i>Pain intervention – injections, radiofrequency ablations</i>	69. <i>Shoulder - Acromion clavicle (Reconstruction)</i>			(i) Surat rujukan daripada doktor/ fisioterapi kepada klinik pakar ortopedik HoSZA.
		70. <i>Shoulder - Acromion clavicle (Arthroscopic debridement)</i>	(ii) Tarikh temujanji ditetapkan oleh pihak klinik.	3. DR. ZARAIHAH BINTI MOHD RASHID Pakar Ortopedik Tel: 019-9141418	
		71. <i>Shoulder - Bicipital tenotomy (Open)</i>	(iii) Tidak dibenarkan kes “walk-in”.	4. EN. FITRI BIN OMAR Jururawat/ Penyelia Klinik Ortopedik Tel: 016-4101735	
		72. <i>Shoulder - Bicipital tenotomy (Arthroscopic)</i>	(iv) Bagi kes yang memerlukan pemerhatian awal, doktor/ fisioterapi boleh menghubungi klinik pakar ortopedik untuk berbincang dengan pegawai perubatan/ Pakar Ortopedik.		
		73. <i>Shoulder - Bicipital tenodesis (Open)</i>	(v) Bagi kes kecemasan, perlu dirujuk terus ke Jabatan Kecemasan untuk pemeriksaan lanjut.		
		74. <i>Shoulder - Bicipital tenodesis (Arthroscopic)</i>	(vi) Kes – kes khas boleh dirujuk kepada Pakar Ortopedik sahaja.		
		75. <i>Shoulder - Shoulder dislocation (open reduction)</i>			
		76. <i>Shoulder - Shoulder dislocation (Close manipulative reduction - CMR)</i>			
		77. <i>Shoulder - Proximal humerus fracture; K-wire (Open)</i>			
		78. <i>Shoulder - Proximal humerus fracture; K-wire (Closed)</i>			
		79. <i>Shoulder - Proximal humerus fracture (open reduction internal fixation - ORIF)</i>			
		80. <i>Shoulder - Clavicle Fracture (open reduction internal fixation - ORIF)</i>			
		81. <i>Shoulder - Excision distal clavicle, in isolation</i>			
		82. <i>Shoulder - Primary repair of rupture of acromioclavicular joint including internal fixation</i>			
		83. <i>Shoulder - Secondary repair of rupture of acromioclavicular joint including internal fixation</i>			
		84. <i>Revision stabilisation of Shoulder joint (Open)</i>			
		85. <i>Shoulder - Revision stabilisation of Shoulder joint (Arthroscopic)</i>			
		86. <i>Shoulder - Release of Shoulder contracture</i>			
		87. <i>Shoulder - Total excision of cervical or first rib</i>			
		88. <i>Shoulder - Shoulder replacement surgery</i>			
		89. <i>Shoulder - Shoulder dislocation (Close manipulative reduction - CMR)</i>			
		90. <i>Shoulder - Proximal humerus fracture; K-wire (Open)</i>			
		91. <i>Shoulder - Proximal humerus fracture; K-wire (Closed)</i>			
		92. <i>Shoulder - Proximal humerus fracture (open reduction internal fixation - ORIF)</i>			
		93. <i>Shoulder - Clavicle Fracture (open reduction internal fixation - ORIF)</i>			
		94. <i>Shoulder - Excision distal clavicle, in isolation</i>			
		95. <i>Shoulder - Primary repair of rupture of acromioclavicular joint including internal fixation</i>			
		96. <i>Shoulder - Secondary repair of rupture of acromioclavicular joint including internal fixation</i>			
		97. <i>Revision stabilisation of Shoulder joint (Open)</i>			
		98. <i>Shoulder - Revision stabilisation of Shoulder joint (Arthroscopic)</i>			
		99. <i>Shoulder - Release of Shoulder contracture</i>			
		100. <i>Shoulder - Shoulder replacement surgery</i>			
		101. <i>Foot & Ankle - Metatarsal osteotomy for Hallux valgus</i>			
		102. <i>Foot & Ankle - Metatarsal osteotomy for Hallu valgus - Bilateral</i>			
		103. <i>Foot & Ankle - Metatarsal osteotomy for Hallux valgus, with internal fixation and soft tissue correction</i>			

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1.	<i>Sports related injury – knee, shoulder, foot & ankle</i>	104. <i>Foot & Ankle - Metatarsal osteotomy for Hallu valgus, with intefixation and soft tissue correction - bilateral</i>	Semua perkhidmatan dan perundingan yang ditawarkan, mana – mana rawatan dan perundingan yang tidak terdapat dalam jadual ini, caj rawatan tertakluk kepada senarai di Jabatan Ortopedik, HoSZA	TEL: 09-6655555 Ext: 2500 1. PROF. MADYA DR. MOHD ARIFF BIN SHARIFUDDIN Pakar Ortopedik Tel: 019-3352499 2. DR. NUR AZREE FERDAUS BIN KAMUDIN Pakar Ortopedik Tel: 017-3023588 3. DR. ZARAIHAH BINTI MOHD RASHID Pakar Ortopedik Tel: 019-9141418 4. EN. FITRI BIN OMAR Jururawat/ Penyelia Klinik Ortopedik Tel: 016-4101735		
		105. <i>Foot & Ankle - Plantar plate repair</i>				
		106. <i>Foot & Ankle - Fusion of first metatarso-phalangeal joint - Bilateral</i>				
		107. <i>Foot & Ankle - Fusion of first metatarso- phalangeal joint</i>				
		108. <i>Foot & Ankle - Midfoot fusion</i>				
		109. <i>Foot & Ankle - Subtalar fusion</i>				
		110. <i>Foot & Ankle - Ankle fusion</i>			(i) Surat rujukan daripada doktor/ fisioterapi kepada klinik pakar ortopedik HoSZA.	
		111. <i>Foot & Ankle - Triple fusion</i>				
		112. <i>Foot & Ankle - Hindfoot fusion</i>			(ii) Tarikh temujanji ditetapkan oleh pihak klinik.	
		113. <i>Foot & Ankle - Revision fusion and internal fixation (foot) including bone graft</i>				
		114. <i>Foot & Ankle - Metatarso-phalangeal cheilectomy</i>			(iii) Tidak dibenarkan kes “walk-in”.	
		115. <i>Foot & Ankle - Correction of minor congenital deformity of foot</i>				
		116. <i>Foot & Ankle - Correction of minor congenital deformity of foot – Bilateral</i>				
		117. <i>Foot & Ankle - Total prosthetic replacement of ankle joint</i>			(iv) Bagi kes yang memerlukan pemerhatian awal, doktor/ fisioterapi boleh menghubungi klinik pakar ortopedik untuk berbincang dengan pegawai perubatan/ Pakar Ortopedik.	
		118. <i>Foot & Ankle - Metatarsal hip prosthesis</i>				
		119. <i>Foot & Ankle - Revision of total prosthetic replacement of ankle joint</i>				
		120. <i>Foot & Ankle - Excision Arthroplasty of first metatarso-phalangeal joint with prosthetic implant</i>				
		121. <i>Foot & Ankle - Excision Arthroplasty of first metatarso-phalangeal joint, including Keller's</i>				
		122. <i>Foot & Ankle - Fusion of interphalangeal joint(s) of toe</i>				
		123. <i>Foot & Ankle Fusion of interphalangeal joint(s) of toe - Bilateral</i>				
		124. <i>Foot & Ankle - Correction of retracted/dislocated metatarso-phangeal joint (s) including tendon</i>				
		125. <i>Foot & Ankle - Simple bunionectomy</i>	(v) Bagi kes kecemasan, perlu dirujuk terus ke Jabatan Kecemasan untuk pemeriksaan lanjut.			
		126. <i>Foot & Ankle - Simple bunionectomy - Bilateral</i>				
		127. <i>Cartilage Procedure - Chondroplasty</i>				
		128. <i>Meniscal Procedure Debridement</i>				
		129. <i>Plica Procedure Debridement</i>				
		130. <i>Hyaluronic acid injection</i>	(vi) Kes – kes khas boleh dirujuk kepada Pakar Ortopedik sahaja.			
		131. <i>Close manipulation reduction and immobilization with cast/backslab/armsling</i>				
		132. <i>General Orthopaedic - intraarticular/trigger point injection simple/complex</i>				
		133. <i>Body Cast</i>				
		134. <i>Above Elbow P.O.P</i>				
		135. <i>Below Elbow P.O.P</i>				
		136. <i>Thumb Spica Cast</i>				
		137. <i>Ulna Gutter Cast</i>				
		138. <i>Sugar Thong</i>				
		139. <i>Above Knee P.O.P</i>				
		140. <i>Below Knee P.O.P</i>				
		141. <i>Boot P.O.P</i>				

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1.	<i>Sports related injury – knee, shoulder, foot & ankle</i>	142. <i>Patellar Tendon Bearing (Ptb Cast)</i>	Semua perkhidmatan dan perundingan yang ditawarkan, mana – mana rawatan dan perundingan yang tidak terdapat dalam jadual ini, caj rawatan tertakluk kepada senarai di Jabatan Ortopedik, HoSZA	TEL: 09-6655555 Ext: 2500
		143. <i>Cylinder Cast</i>		
		144. <i>Full Length Backslab</i>		
		145. <i>Vollar Slab</i>		
		146. <i>Dorsal Slab</i>		
		147. <i>Thumb Spica</i>		
		148. <i>Ulna Gutter</i>		
		149. <i>Sugar Thong (Lower Limb)</i>		
		150. <i>U-Slab (Shoulder)</i>		
		151. <i>Below Elbow Backslab</i>		
		152. <i>Above Elbow Backslab</i>		
		153. <i>Boot Slab</i>		
		154. <i>Full Length Backslab</i>		
		155. <i>Cylinder Slab</i>		
		156. <i>Below Knee Backslab</i>		
		157. <i>Above Knee Backslab</i>		
		158. <i>Dorsal Slab Lower Limb</i>		
		2.		
160. <i>Fiberglass Cast</i>	(ii) Tarikh temujanji ditetapkan oleh pihak klinik.			
161. <i>Zimmer Splint</i>	(iii) Tidak dibenarkan kes “walk-in”.			
162. <i>Reinforce Plaster Of Paris</i>	(iv) Bagi kes yang memerlukan pemerhatian awal, doktor/ fisioterapi boleh menghubungi klinik pakar ortopedik untuk berbincang dengan pegawai perubatan/ Pakar Ortopedik.			
163. <i>Open Window POP</i>	(v) Bagi kes kecemasan, perlu dirujuk terus ke Jabatan Kecemasan untuk pemeriksaan lanjut.			
164. <i>Convert Plaster Of Paris</i>	(vi) Kes – kes khas boleh dirujuk kepada Pakar Ortopedik sahaja.			
165. <i>Wedging Plaster Of Paris</i>				
166. <i>Bivalve Plaster Of Paris</i>				
167. <i>Apply Bandage</i>				
168. <i>Apply Collar & Cuff</i>				
169. <i>Apply Arm Sling</i>				
170. <i>Apply Robert Jones Bandage</i>				
3.	<i>Pain intervention – injections, radiofrequency ablations</i>	171. <i>Buddy Splint/ Zimmer Splint</i>		WAKTU OPERASI: 9.00 am – 5.00 pm (Isnin – Jumaat) TUTUP – Cuti Umum WAKTU REHAT: Isnin – Khamis: 1.00 pm – 2.00 pm Jumaat: 12.15 pm – 2.45 pm
		172. <i>Knee Brace Cast</i>		
		173. <i>Adjust Ilizarov External Fixator (With Doc)</i>		
		174. <i>Trim Plaster Of Paris</i>		
		175. <i>Zimmer Splint</i>		
		176. <i>Knee Brace Cast</i>		
		177. <i>Adjust Ilizarov External Fixator (With Doc)</i>		
		178. <i>Radiofrequency ablation procedure (not spine)</i>		
		179. <i>Platlet rich plasma procedure</i>		
		180. <i>Pain injection – steroid or glucose</i>		