



HEALTHCARE CONSULTANTS ASIA

Healthy Wealthy



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ABOUT HCASB

Healthcare Consultants Asia (HCASB) is a trusted subsidiary of Mudah Healthcare. As experts in third-party medical reporting, HCASB specializes in providing detailed and comprehensive medical assessments that help streamline processes and ensure clarity in claims management.

With a panel of over 90 specialist doctors, HCASB is dedicated to delivering accurate and high-quality reports, offering valuable insights and supporting informed decision-making for our clients. Our reports foster fair, transparent resolutions, reinforcing the integrity and efficiency of the claims process.

HCASB is looking forward to continuing our commitment to excellence in medical reporting, making a meaningful impact on the success of our partners in the industry.



As we welcome the Year of the Snake, we at Healthcare Consultants Asia extend our heartfelt gratitude and warmest wishes to our employees, partners, and clients.

The Lunar New Year marks a time of renewal, wisdom, and prosperity. Let us take a moment to reflect on the past year's achievements and embrace the exciting opportunities ahead. In 2024, we grew, innovated, and overcame challenges together, and we are deeply grateful for the unwavering support, dedication, and trust of our incredible team and valued partners.

The Snake symbolizes intelligence, transformation, and resilience, and as we step into 2025, we are inspired to navigate challenges with wisdom, embrace change, and continue striving for excellence in everything we do.

On behalf of the entire team, we wish you happiness, success, and good health in the Year of the Snake. May this year bring you abundance, harmony, and new opportunities to thrive.

We also wish everyone a Happy Valentine's Day!

***Warmest regards,
Dato' Dr. Kantha Rasalingam / Dr. Thiruchelvan Balakrishnan
Dr. Ashwin Balasingam / Datin Chrishini Richards***



Am I at Risk of Developing Sports Injuries?

*By Dr. Gayathri Arumugam
Consultant Orthopedic Surgeon*

Sports and recreational activities play a vital role in maintaining a balanced and healthy lifestyle. Physical activity not only promotes an active and fit body but also supports mental well-being. However, the rise in sports participation has led to an increase in sports injuries.

Sports injuries are most commonly reported in youth and young adults, with up to 60% affecting the lower extremities. Nearly 60% of these injuries involve the knee and ankle. In addition to short-term acute injuries, many of these cases result in long-term consequences, such as osteoarthritis of the joints.

The high incidence of sports injuries may eventually lead to decreased participation in sports, contributing to a sedentary lifestyle. This increases the risk of health issues such as obesity, heart disease, and diabetes. Therefore, preventing sports injuries is crucial. Extensive research has been conducted on sports injury prevention to help curb this growing issue.

One widely recognized approach to sports injury prevention is the 4-Step Injury Prevention Model by Van Mechelen, which has been the foundation of prevention strategies for over 25 years. This model has been instrumental in guiding sports professionals worldwide in preventing and managing various types of sports injuries.



1

Identify the magnitude of the problem.

2

Determine risk factors that contribute to injuries.

3

Introduce preventive measures (e.g., **bracing, splinting during sports activities**).

4

Evaluate the effectiveness of injury prevention programs under controlled conditions.

HCASB's 20th ANNUAL 25 DINNER



Running and Sports Injuries

One of the most popular forms of exercise in Malaysia post-COVID-19 is running. Malaysians of all ages can be seen running in parks and housing areas, with some opting for trail running in areas like Bukit Gasing and Kiara Park.

While running is an excellent way to stay fit, it is also associated with one of the highest incidences of sports injuries. Research indicates that 50% of runners experience injuries annually, with over 25% of runners injured at any given time.

Several factors can predispose runners to sports injuries, including:

Anatomical conditions (e.g., cavus foot, flat foot)	Biomechanical factors affecting running form
Training errors (excessive mileage, sudden intensity changes)	Total running mileage
Muscle weakness and lack of strength training	Inadequate warm-up and stretching techniques
Nutritional deficiencies	Nutritional deficiencies

Certain anatomical conditions, such as cavus foot (high-arched feet), increase the likelihood of foot and ankle injuries during running. Additionally, muscle weakness, particularly in the hip abductors and vastus medialis oblique (VMO) muscle in the knee, has been linked to an increased risk of sports injuries.



Methods to PREVENT AND RECOVER from Sports Injuries

INJURY PREVENTION

Maintain adequate hydration and nutrition.

Engage in consistent strength training to reduce muscle-related injuries.

Use proper running shoes or orthotics to minimize foot and ankle injuries.

Avoid sudden increases in mileage or drastic changes in running intensity.

Adopt proper stretching techniques before and after exercise.

Include a warm-up routine before running.



INJURY RECOVERY

Rest, ice, and elevation help reduce swelling and inflammation in affected limbs, promoting faster recovery. Proper hydration and nutrition play a crucial role in tissue repair, while hot and cold hydrotherapy techniques help relieve muscle soreness. General sports massage improves circulation and aids muscle relaxation, further supporting recovery.

Additionally, incorporating relaxation techniques and ensuring adequate sleep are essential in preventing overuse injuries and maintaining overall well-being.

Dr. Gayathri Arumugam

Consultant Orthopedic Surgeon

Dr. Gayathri Arumugam, a highly skilled and passionate orthopaedic surgeon from Columbia Asia Hospital, Petaling Jaya, specializes in the diagnosis, treatment, and surgical management of bone, joint, and muscle conditions. With over 10 years of experience, Dr. Gayathri is committed to helping patients restore their mobility.

She treats a wide range of orthopaedic conditions like osteoarthritis, meniscus injuries, cartilage injuries, sports injuries, knee and ankle injuries and many other traumatic conditions, and fracture fixations.

Dr. Gayathri is known for her patient centred approach, where she personalizes treatment plans based on patients' needs – which can range from non-surgical treatments to minimally invasive procedures and complex surgeries.

Dr. Gayathri is also well-loved for her compassionate approach, treating patients with respect and care. She strives to provide the best outcomes for every patient to ensure that they continue staying active and living a pain-free life.



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2025



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