



# Healthy Wealthy

***Prosthetics and Orthotics Insights:  
Restoration & Rehabilitation***

# ***TABLE OF CONTENTS***

---

01 About Us | Vision & Mission

---

02 Editor's Note | Christine Chia

---

03 Author Introduction | Ts. Zulfaqar Omar

---

04 Why Does A Prosthesis Sometimes Become Painful ?

---

05 Signs That Your Socket Needs Attention

---

06 The Importance of Early Intervention

---

07 Bridging Technology and Humanity

---

08 Advancing Prosthetic Care Across Southeast Asia

---

09 Myth vs Fact: Prosthesis Edition

---

10 Why Does a Prosthesis Become Uncomfortable?

---

11 Merdeka Greetings

---

12 Clinical Advisory & Independent Medical Opinion Services

---

13 Events in Malaysia | August | Medical & Law

---

# ABOUT US

## Vision

To be the region's most trusted provider of specialist medical services, delivering accurate expertise and second opinions through a comprehensive network of medical specialists across Malaysia and Asia.

## Mission

To uphold and advance our specialist medical advisory standards through global best practices, proactive engagement with clients and partners, and strict credentialing of our specialist panel.

*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 130 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.*

# From the Desk of Christine Chia



Welcome to the August edition of Healthy Wealthy by HCA

As we progress through the year, our commitment remains focused on advancing patient care through clinical excellence, innovation, and multidisciplinary collaboration. This month, we are pleased to spotlight the field of **Prosthetics and Orthotics**, a vital specialty dedicated to restoring mobility, enhancing independence, and improving the quality of life of individuals living with limb loss and physical disabilities.

August's edition features **our Specialist of the Month, Ts. Zulfaqar Omar**, an experienced Prosthetist and Orthotist with a strong commitment to delivering comprehensive, patient-centred care. Through the assessment, design, fitting, and management of prosthetic and orthotic devices, he helps patients regain function, improve mobility, and achieve greater independence in their daily lives.

Ts. Zulfaqar Omar shares valuable insights into the important role of prosthetics and orthotics in rehabilitation and long-term patient care. His emphasis on personalised treatment planning, early intervention, and the appropriate use of assistive devices highlights how tailored care can significantly improve overall well-being.

We would also like to express our sincere appreciation to **Asia Prosthetics Care (APC)**, our valued product and service provider. Dedicated to delivering personalised prosthetic, orthotic, and rehabilitation solutions, APC plays an important role in supporting individuals on their journey towards improved mobility, independence, and quality of life.

I hope you find this month's insights both informative and inspiring. As always, thank you for being a part of our community and for your continued trust in Healthcare Consultant Asia.

**Warm Regards,**  
Christine Chia  
**General Manager**  
**HCASB**



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## Ts. Zulfaqar Omar

### *Clinical Prosthetist and Orthotist*

With a passion for restoring mobility and improving quality of life, Ts. Zulfaqar Omar is an experienced Prosthetist and Orthotist with a degree in Biomedical Engineering (Prosthetics & Orthotics) from the University of Malaya. He specialise in both upper limb and lower limb prosthetic rehabilitation, providing personalised prosthetic and orthotic care to help patients regain independence.

His expertise includes the assessment, prescription, fitting, and optimisation of transtibial and transfemoral prostheses, including microprocessor-controlled, hydraulic, and mechanical knee systems, as well as orthopaedic bracing, ankle-foot orthoses (AFOs), direct socket fabrication, and multidisciplinary rehabilitation. He works closely with orthopaedic, plastic, and vascular surgeons, together with physiotherapists and occupational therapists, to achieve the best patient outcomes.

Currently a Clinical Specialist at Össur Southeast Asia, Ts. Zulfaqar provides regional clinical and technical leadership, delivers professional education, supports rehabilitation teams in complex prosthetic management, and collaborates with healthcare professionals to advance prosthetic care across Southeast Asia. Previously, he served as a Senior Prosthetist & Orthotist at The Prosthetic Company, Singapore, and established a prosthetics and orthotics workshop in Johor Bahru, developing fabrication workflows and quality control systems.

Committed to lifelong learning and clinical excellence, Ts. Zulfaqar holds professional certifications including Össur Elite CPO, Össur Direct Socket Certification, and Certified Juzo Custom Specialist, reflecting his dedication to innovation, education, and patient-centred care.



## WHY DOES A PROSTHESIS SOMETIMES BECOME PAINFUL?

*By Ts. Zulfaqar Omar*

### **UNDERSTANDING SOCKET FIT AND WHY COMFORT CHANGES OVER TIME**

You finally receive your prosthesis after weeks or months of rehabilitation. At first, walking feels natural, and each day brings new confidence. Then, several months later, something changes. The socket begins to feel loose. Perhaps there is pain over the bony areas of the limb, redness that lasts longer than usual, or the feeling that the prosthesis is no longer part of your body.

Many people assume this means the prosthesis is worn out or that something has gone wrong with the artificial limb itself. In reality, the prosthesis is often not the problem. More commonly, it is the residual limb that has changed. The socket is the most important part of any prosthesis. While advanced knees, feet, and electronic components often receive the most attention, they cannot function properly without a well-fitting socket. The socket is the connection between the person and the prosthesis, and even a small change in fit can affect comfort, stability, and confidence.

### **WHY DOES THE FIT CHANGE?**

Unlike a broken bone, the residual limb continues to change long after the wound has healed. During the first year after amputation, muscle mass gradually decreases, swelling reduces, and the shape of the limb becomes more defined. Even after this period, changes in body weight, physical activity, medication, or general health can alter limb volume.

These changes may seem insignificant, but they can dramatically affect how the socket fits. A difference of only a few millimetres can create pressure in one area while leaving another unsupported.

For many amputees, this



## Signs That Your Socket Needs Attention

One of the earliest warning signs is discomfort that develops gradually rather than suddenly. Some people notice redness after removing the prosthesis, while others feel unstable when walking or experience increased movement inside the socket. Common signs include:

- Pain during standing or walking
- Persistent redness that remains after removing the prosthesis
- Skin irritation or blisters
- Excessive movement or rotation inside the socket
- Difficulty maintaining balance
- Increased fatigue during daily activities

These symptoms should never be ignored. Continuing to use an ill-fitting socket may lead to skin breakdown, infection, altered walking patterns, and unnecessary strain on the opposite limb.

### ***MORE THAN COMFORT***

A poorly fitting socket affects far more than comfort alone. When people lose confidence in their prosthesis, they often begin walking differently to avoid pain. This may cause knee, hip, or lower back pain over time. Some individuals reduce their daily activity without even realising it. They walk shorter distances, avoid stairs, or become less active because movement has become uncomfortable. What begins as a minor fitting issue can eventually affect overall health, independence, and quality of life.

### ***CAN IT BE FIXED?***

Fortunately, most socket problems can be corrected without replacing the entire prosthesis. Your prosthetist may recommend simple adjustments, adding or removing prosthetic socks, replacing worn liners, modifying the socket, or, when necessary, fabricating a new socket to match your current limb shape. Regular follow-up appointments are therefore just as important as the initial fitting. Prosthetic rehabilitation is an ongoing partnership between the patient and the clinical team, not a one-time event.



## **The Importance of Early Intervention**

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Many amputees wait until the discomfort becomes severe before seeking help. Unfortunately, this often makes treatment more complicated than it needs to be. Addressing small fitting issues early usually requires only minor adjustments and can prevent more serious skin problems or mobility limitations. Patients should never feel that pain is simply "part of using a prosthesis." A properly fitted prosthesis should allow comfortable movement and support an active lifestyle.

### ***THE TAKE-HOME MESSAGE***

A prosthesis should improve your mobility, not limit it. If your socket has become uncomfortable, loose, or unstable, it is not something you simply have to live with. Your residual limb changes throughout life, and your prosthesis should adapt with it. The best prosthesis is not defined by the latest technology or the most advanced components. It is the one that fits well, supports your daily activities, and allows you to live confidently and independently.



## BRIDGING TECHNOLOGY AND HUMANITY: ADVANCING PROSTHETIC CARE ACROSS SOUTHEAST ASIA

*By Ts. Zulfaqar Omar*



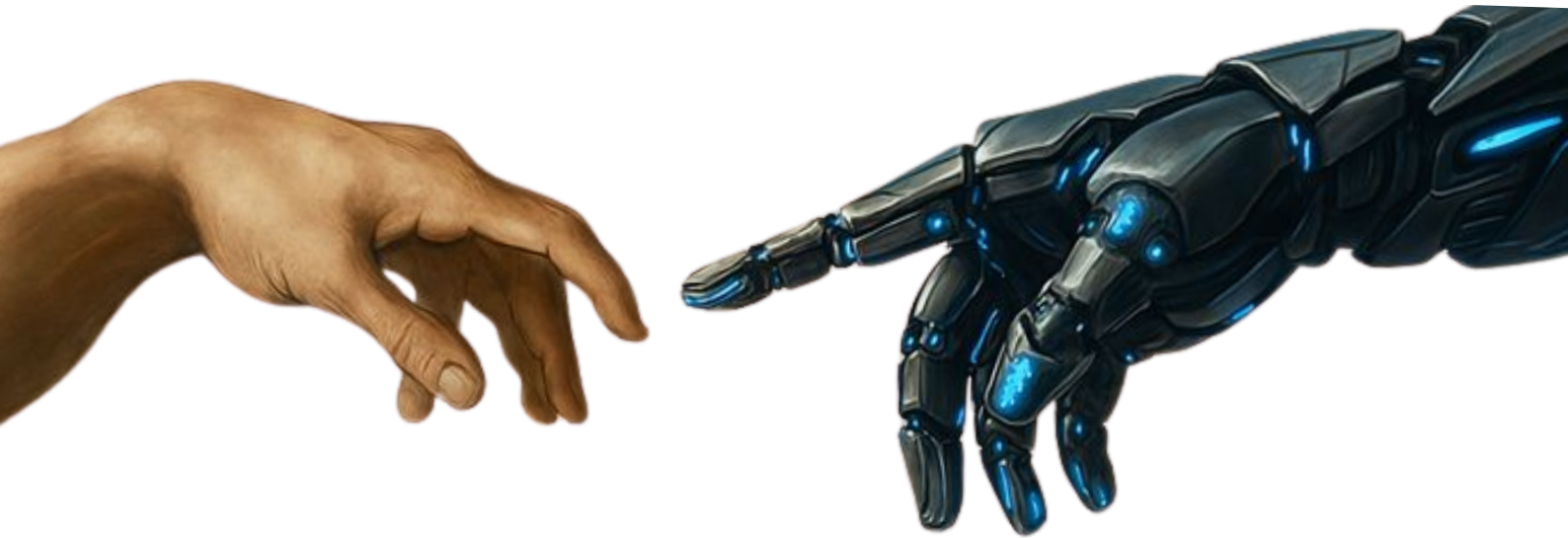
Every prosthetic device tells a story—not just of engineering and innovation, but of resilience, determination, and the human spirit. Throughout my career as a Prosthetic & Orthotic Systems Technologist and Clinical Specialist with Össur Growth Asia, I have had the privilege of working alongside clinicians, rehabilitation teams, and patients across Southeast Asia. Each interaction has reinforced one belief: restoring mobility is about far more than replacing a missing limb. It is about restoring confidence, independence, and hope.

My journey began with a degree in Biomedical Engineering (Prosthetics & Orthotics) from the University of Malaya. After graduating in 2020, I entered clinical practice, where I quickly realised that successful rehabilitation requires more than technical expertise. Every patient presents a unique challenge, and every solution must be tailored not only to their physical needs but also to their lifestyle, goals, and aspirations.

Working in hospitals and rehabilitation centres exposed me to patients from all walks of life— young trauma survivors eager to return to sports, individuals living with diabetes striving to regain independence, and experienced professionals determined to continue their careers after limb loss. These experiences shaped my approach to prosthetic care: technology should always serve people, never the other way around.

Today, my role extends beyond fitting prosthetic components. I work throughout Southeast Asia to provide clinical education, support healthcare professionals, and introduce new prosthetic technologies that improve patient outcomes. Whether conducting workshops in Malaysia, presenting clinical lectures in Indonesia and Taiwan, or collaborating with multidisciplinary rehabilitation teams, my mission remains the same to ensure that advanced prosthetic care becomes more accessible across the region.

**"MOBILITY IS MORE THAN MOVEMENT. IT IS FREEDOM, DIGNITY, AND THE OPPORTUNITY TO LIVE LIFE WITHOUT LIMITATION."**



One area that I am particularly passionate about is knowledge sharing. Advances in prosthetic technology are occurring at an incredible pace, from microprocessor-controlled knees and energy-return feet to myoelectric upper-limb prostheses and direct socket fabrication techniques. However, innovation alone is not enough. Clinicians must have the confidence and practical skills to apply these technologies effectively, enabling patients to benefit from their full potential. Education therefore plays a vital role in improving rehabilitation outcomes. Through clinical workshops and professional training programmes, I strive to bridge the gap between research, technology, and everyday clinical practice. Seeing a clinician gain confidence in a new technique is just as rewarding as witnessing a patient take their first independent steps.

The future of prosthetics is incredibly exciting. Digital workflows, smart sensors, artificial intelligence, and increasingly personalised designs are transforming the way prosthetic devices are developed and fitted. Yet despite these technological advancements, the most important element remains unchanged—the relationship between clinician and patient. Successful rehabilitation begins with listening, understanding individual goals, and delivering solutions that genuinely improve quality of life. As healthcare continues to evolve across Southeast Asia, collaboration will become increasingly important. Engineers, prosthetists, orthotists, physiotherapists, occupational therapists, surgeons, and rehabilitation physicians all contribute unique expertise to a patient's recovery journey. By working together, we can deliver better outcomes and ensure that innovative technology reaches those who need it most.

Looking ahead, I hope to continue contributing to the advancement of prosthetic education, clinical practice, and rehabilitation services throughout the region. My aspiration is not only to introduce innovative technologies but also to inspire the next generation of clinicians to embrace lifelong learning, clinical excellence, and patient-centred care. At the heart of every prosthetic device is a person with dreams, ambitions, and the determination to move forward. Being part of that journey is both a privilege and a responsibility—one that continues to motivate me every single day.

## MYTH VS FACT: "IF MY PROSTHESIS HURTS, I JUST NEED TO GET USED TO IT"

By Ts. Zulfaqar Omar

Receiving your first prosthesis is a major milestone. It represents independence, mobility, and the opportunity to return to many of the activities you enjoy. However, one of the most common myths I hear from patients is: "My prosthesis hurts, but I guess that's normal. I just need to get used to it." **The short answer is no.**

While it is normal for your body to take time to adapt to a new prosthesis, ongoing pain should never be accepted as part of daily life. Knowing the difference between normal adaptation and a problem that requires attention can make a significant difference to your comfort, mobility, and long-term health.

### WHAT IS NORMAL?

When you first begin wearing a prosthesis, your body is learning a completely new way of moving. Your muscles are working differently, your balance is changing, and your residual limb is adapting to weight-bearing.

During this period, it is common to experience:

- Mild muscle soreness after increased activity.
- A feeling of pressure within the socket.
- Temporary redness that fades within 15 to 30 minutes after removing the prosthesis.
- General fatigue as your body adjusts to walking again.

These are usually signs that your body is adapting to a new routine.

### WHAT IS NOT NORMAL?

Pain should never be ignored. If you experience any of the following, it is time to contact your prosthetist:

- Sharp or stabbing pain while walking.
- Skin breakdown, blisters, or open wounds.
- Red marks that remain for more than 30 minutes after removing the prosthesis.
- Swelling of the residual limb.
- Difficulty putting on the prosthesis when it previously fitted well.
- Feeling unstable or noticing changes in the way you walk.
- Pain that causes you to avoid wearing your prosthesis.

These symptoms may indicate that your socket no longer fits properly, your residual limb has changed in shape, or your prosthesis requires adjustment.



## Why Does a Prosthesis Become Uncomfortable?

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Many people assume that once a prosthesis is fitted, it should remain the same forever. In reality, your body is constantly changing. Your residual limb can change in size due to weight fluctuations, muscle development, fluid retention, activity levels, or simply the natural healing process. Even small changes can affect how your socket fits. Think of your prosthesis like a pair of shoes. If your feet become swollen, even your favourite shoes can become uncomfortable. The same principle applies to a prosthetic socket—but because it supports your body weight, even minor changes can have a much greater impact.



### **THE SOCKET IS THE FOUNDATION**

Patients often ask whether upgrading to a more advanced prosthetic foot or knee will make walking more comfortable. While advanced prosthetic components can improve mobility, they cannot compensate for a poorly fitting socket. The socket is the part of the prosthesis that connects your body to the device. If that connection is uncomfortable, every step becomes more difficult, regardless of how advanced the technology may be. For this reason, prosthetists often say that the socket is the most important part of the prosthesis.

### **DON'T WAIT UNTIL IT GETS WORSE**

Many patients delay seeking help because they don't want to be a burden, think discomfort is "part of the process," or worry that nothing can be done. In reality, many problems can be resolved with relatively simple adjustments if addressed early. Waiting too long can lead to skin injuries, reduced mobility, and longer recovery times. Regular follow-up appointments are just as important as the initial fitting. They allow your prosthetist to assess your prosthesis, monitor changes in your residual limb, and make adjustments before minor issues become major problems.

### **TAKE-HOME MESSAGE**

Your prosthesis is designed to improve your quality of life—not reduce it. Some adjustment is expected when you begin wearing a new prosthesis, but persistent pain is not something you should simply "learn to live with." If your prosthesis hurts, changes the way you walk, or causes skin problems, speak to your prosthetist. Often, a timely adjustment can restore comfort and help you continue your rehabilitation with confidence. Remember, successful prosthetic rehabilitation is not about enduring pain—it's about working together to achieve the best possible outcome.



HEALTHCARE CONSULTANTS ASIA

# SELAMAT HARI KEMERDEKAAN — *KE-69*

*May the spirit of unity, courage, and hope continue to  
live in the heart of every Malaysian. Let us continue to  
build a Malaysia that we can be proud of.*

# CLINICAL ADVISORY & INDEPENDENT MEDICAL OPINION SERVICES

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WhatsApp or Call to speak to our Medico-Affairs Team

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# Events & Conferences

## **MEDICAL CONFERENCES & EVENTS**

### **Medical Law & Ethics in Emergency Medicine Webinar**

*The Medico-legal Aspect of BID/DID Cases: From a Forensic Point of View*

1 Aug | Zoom (online)

### **International Conference on Medical & Health Science (ICMHS)**

2 & 23 Aug | Kuala Lumpur

### **Phacoemulsification Workshop 2026**

5 – 6 Aug | Faculty of Medicine, University of Malaya, Kuala Lumpur

### **Malaysian Paediatric Cardiac Society Annual Scientific Meeting**

7 – 8 Aug | AVANTÉ Hotel, Petaling Jaya

### **Malaysian Congress of Radiology (MCOR 2026)**

7 – 9 Aug | Kuala Lumpur

### **TEMU 2026 Conference (College of Emergency Physicians Malaysia)**

11 – 13 Aug | Raia Hotel & Convention Centre, Terengganu

### **Aesthetic Medicine & Surgery Conference (AMSC Malaysia 2026)**

13 – 14 Aug | Kuala Lumpur Convention Centre

### **Dengue Workshop Series 2026**

15 Aug | University of Malaya, Kuala Lumpur

### **MMA International AI in Healthcare Conference 2026**

15 – 16 Aug | M World Hotel, Petaling Jaya

### **International Medical Device Exhibition & Conference (IMDEC 2026)**

26 – 28 Aug | Kuala Lumpur Convention Centre (KLCC)

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## **LAW CONFERENCES & EVENTS**

### **International Conference on Admiralty Law and Jurisdiction (ICALJ 2026)**

24 – 25 Aug | Kuala Lumpur

**HEALTHCARE CONSULTANTS ASIA**

**2026**

## **Stay Connected With HCASB**

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