

**Bumrungrad Hospital is reinventing holistic joint care and sports medicine by opening the Sports Medicine and Joint Center with highly competent team of physicians and medical specialists--gearing up to be the leader of holistic healthcare services.**

According to World Health Organization estimates, the number of patients needing orthopedic care increased from 400 million in 2008 to 570 million in 2020. In Thailand, there were more than 6 million orthopedic patients in 2020. As Thailand ages, osteoarthritis is an increasing concern. It is also a debilitating chronic disease. It can also jeopardize the ability to live independently, which is a public healthcare problem globally and in Thailand as well. Also, many patients have joint conditions caused by exercise, sports, accidents, or unhealthy habits. These joint and bone problems need proper diagnosis, so they can be treated effectively. At Bumrungrad, our team of specialists customize and plan treatments for each patient to ensure effective results and a safe, speedy recovery—as we always strive to deliver world-class holistic healthcare.

**Assoc. Prof. Dr. Taveesin Tanprayoon, Chief Medical Officer of Bumrungrad International Hospital** states, “the opening of the Sports Medicine and Joint Center demonstrates Bumrungrad’s expertise in continuously developing centers of excellence. Together with Bumrungrad physicians, we reinvented teams of specialists, orthopedic doctors, and doctors, who are nationally recognized experts in orthopedics, to work with us to strengthen the quality of healthcare. This way we can reduce the strain on the public healthcare system and allows patients to access high-quality healthcare.”

**Dr. Wichan Kanchanatawan, Sports Medicine and Joint Center Director of Bumrungrad International Hospital and Orthopedic Surgeon and Specialist in Sports Injuries of Bumrungrad International Hospital** adds “Bumrungrad is reinventing healthcare services in line with its vision of providing the holistic healthcare services. The integrative knowledge in sports medicine and orthopedics enables us to provide continuum of care with the most effective treatment. A young, active person can walk in and get treatment advice at the Sports Medicine and Joint Center, and can simply visit one place to care for all the joint and bone problems one might experience in a lifetime. Family members of all ages can visit the Sports Medicine and Joint Center to receive care, as the center is comprised of three key services: the Sports Medicine service, the Joint Preservation service, and the Joint Replacement service. Let me give you some examples of how we care for our patients at every stage of their lives.

- Initially, a customer will come to the Sports Medicine and Joint Center as a teenager who comes for regular checkups or for strength training workouts, as needed.
- During the prime working years, our customer may experience sports injuries, severe knee pain, or an ACL tear, (which commonly occurs during sports that involve sudden stops or changes in direction— such as soccer, basketball, or skiing).
- During old age, one may suffer from bad habits, like kneeling or sitting cross-legged, which causes constant pressure on the joints and overstretches the tendon. Sitting like that for long periods results in poor circulation of the blood in the lower extremities. Moreover, 50% of osteoarthritis cases involving the knees are linked to obesity, as the joints need to bear the additional weight for many years that causes chronic pain in the knees. In that case, knee replacement surgery is an option.

People at every age and stage of life can have knee pain. So, it is crucial to have continuous care and treatment. Patients can receive one-stop holistic healthcare services at the Sports Medicine and Joint Center. Most importantly, our teams of specialists keep a detailed record of each patients' medical history, ensuring delivery of the most effective treatment.”

**Dr. Charlee Sumettavanich, Orthopedic Surgeon and a Specialist in Arthroplasty of Bumrungrad International Hospital**, emphasizes, “Besides our strength in providing comprehensive holistic joint care, we also have formed teams of specialists in many fields, for example, orthopedics, Knee Replacement Surgery, Hip Replacement Surgery, sports medicine, sports injuries, and physical medicine and rehabilitation. Bumrungrad focuses on providing access to a variety of medical specialties and each specialist has a lot of experience treating complicated and difficult cases. Our orthopedic surgeons are able to use latest medical techniques and have adopted advanced technologies to treat their patients, like, computer-assisted arthroscopic knee surgery, robotic surgery, and joint replacement with computer navigation.”

“In terms of patient journey, the patient can consult with our team of specialists at the very beginning. They can adopt preventive measures and get screened for muscular diseases early on. If they are diagnosed with muscular diseases or joint problems, our specialists will discuss non-surgical and surgical treatment options. Though some common surgeries include partial knee replacement, total knee replacement, hip replacement with computer navigation (which is less invasive and preserves more muscle tissues), and robot-assisted surgery. The medical teams work together to determine the best option for each patient. We also offer muscle rehabilitation and physiotherapy to help patients rebuild muscle and regain mobility post-surgery. In some complicated cases, like corrective joint replacement surgery, or bone fracture at involving an artificial joint, our teams of experienced orthopedic surgeons will collaborate with specialists in other related fields to deliver the best results. At the Sports Medicine and

Joint Center, teams of orthopedic surgeons, and experts in physical medicine and rehabilitation, physiotherapists, internal medicine physicians, rheumatologists, anesthesiologists, orthopedic nurses, physiotherapists, and nutritionists collaborate to plan best treatment options to deliver the best holistic integrated healthcare.

Furthermore, Bumrungrad appointed physicians as committee members of the Sports Medicine and Joint Center. They monitor patient care before and after surgery. They also watch out for complications to address them promptly and effectively. We hold onto the “Value Medicine” principle, which means a team of physicians and committee members considers the appropriate treatment with reasonable price for each patient. Our prices are affordable, especially when considering Bumrungrad’s international standard of safety and quality. We provide our patients who have undergone joint replacement surgery with internationally-standard of care during every step of the process. Concerning medical equipment, it is mostly single use disposables. We follow the international standard for hygiene. That is, we do not re-use medical devices that are labelled “for single use.” Moreover, we have strict measures to prevent the transmission of infections. We always uphold our safety standards, resulting in very low percentage of post-surgical infection. In fact, it is lower than the internationally acceptable threshold. To illustrate, our knee replacement surgeries have had a 0% experiencing deep wound infection (2016-2018). Patients attend a pre-operative class to fully understand the treatment process before, during and after the procedure. Patients are also advised on their post-operative wound care and management, with these recommendations tailored to correspond to each patient’s daily life and routine activities.

Bumrungrad offers fixed-priced surgical packages, which have been in place since last year, so that patients of the Sports Medicine and Joint Center and other centers of excellence do not need to worry about unexpected costs. We strive to offer reasonable prices and packages that are customized to suit the needs of each patient, for the best results. We also pledge to freeze on all hospital and doctor’s fees at 2020 levels until June 2021, as a thank you gift to all of our customers for the trust and support they have given us all these years with the promise to continue providing the highest-quality medical care.

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