

Post Surgery Care

After an injury or surgery to the hand, patients have to relearn basic hand movements. Our Hand & Microsurgery Centre of Excellence rehabilitation department offers just that. It might seem like an extremely daunting task at first. But our certified hand therapists use specially-designed exercises and activities to help you resume the normal use of your hand after undergoing treatment. Therapy sessions are important as they enable your therapist and your doctor to track your recovery.

To achieve maximum recovery, it is advisable to fully cooperate with your surgeon and therapist to understand your therapy programme and practice it at home.

Our Consultant

SunMed's hand and microsurgery consultant is Dr Sharifah Roohi Syed Waseem Ahmad who has performed thousands of hand surgeries in the past 19 years. Her training in medicine includes Masters in Orthopaedics, Fellowship in Hand & Reconstructive Microsurgery from the National University Hospital in Singapore and University of Louisville, Kentucky for Hand & Microsurgery. Dr Roohi is also actively involved in several affiliations around the world. Among the notable ones are Malaysian Medical Association, Royal College of Surgeons, Edinburgh, and the American Society for Surgery of the Hand.



MD (UKM), FRCS (Edin), Ms Orth (UKM)
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Hand & Microsurgery



Our Hands

We use our hands for many purposes in our daily lives, such as eating, dressing, writing, typing and communicating or expressing ourselves. Our delicate pair of hands also contribute hugely when it comes to feeling, exploring and performing complex tasks. Such everyday tasks might easily be taken for granted, however, when our hands move, they involve an intricate combination of motions of the various bones, joints, tendons and muscles of the hand.

Hand Problems and Diseases

There are many reasons for your hands not to function as they should be. Some of them include:

- a. **Traumatic injuries**, including fractures, tendon injuries, digit amputation, nerve lacerations and blood vessel lacerations.



- b. **Congenital abnormalities** such as webbed fingers and extra digits on the hands.



- c. **Workplace and overuse injuries**, which include carpal tunnel syndrome, trigger finger and DeQuervain's Synovitis.



- d. **Arthritis-related deformities** such as osteoarthritis and rheumatoid arthritis.



- e. **Infections**, such as from diabetes.



- f. **Tumours**: bone and soft tissue - producing deformities



Delicate Microsurgery

The human body is a miracle of fine details, many of which cannot be seen clearly with the naked eye. In microsurgery, surgeons work under microscopic magnification with specially crafted instruments to repair, reshape and rejoin damaged areas.

Microsurgery is often used in procedures requiring donor muscle, bone or skin, as well as in procedures for reconnecting a severed finger or hand. Our hand surgeon has extensive experience in the design and use of flaps that provide skin and muscle from the patient's own body to complete these reconstructive procedures.

Sunway Medical Centre's Hand & Microsurgery Centre offers the latest techniques and specialised expertise in the reconstruction and rehabilitation of the upper extremity. Our hand surgeon treats not just hands, but the entire upper extremity which includes the fingers, hand, wrist, forearm, elbow and arm. The various tissues such as bones, tendons, muscles, nerves, blood vessels and skin are all dealt with care and attention to detail.

