

CAMDEN

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MEDICAL CENTRE

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Pain – Free Performance

Sports Medicine International brings the fun back into sports through effective and innovative injury treatments and procedures.

Looking at Singapore, one can say that the country is slowly turning into a sporting city. With soccer enthusiasts and marathon runners growing in numbers, there is no better time for sports medicine to come in.

According to Dr Patrick Goh, who runs *Sports Medicine International* clinic at Camden Medical Centre, sports medicine, while still a relatively new field, is now being recognised as a sub-speciality in Singapore. Dr Goh, who was previously with the Singapore Sports Council for 14 years, believes that sports medicine is truly beneficial for people who exercise and play a sport, particularly those in their 30s and 40s. He says, "I try to be effective in managing my patients – from top athletes to weekend warriors. My goal is to get them better and back to their sport. There is also a lot of consultation and interaction between orthopaedic specialists in sports medicine, which is why I share the clinic with *Orthopaedics International*. Through this, there is greater efficacy in the treatments we offer."

At the clinic, Dr Goh offers non-surgical procedures as well as innovative treatments such as the Platelet Rich Plasma (PRP) treatment which uses the patient's own blood to assist in healing internal injuries. Such treatments are what keep Dr Goh's loyal clientele coming back.

Another draw of *Sports Medicine International* is its new clinic which opened in March 2010. Situated in a corner suite at Camden Medical Centre, the clinic boasts an amazing view that overlooks beautiful greenery. Dr Goh adds, "I've always liked Camden. When the opportunity to move here presented itself, I immediately took it. A lot of my clients congratulated me when I moved because they found it more convenient and exclusive."

Today, Dr Goh is pleased and humbled by the support his clients give him. "Patients who entrust their injuries to me make me want to do my best at all times. In the future, I want to move into the area of regenerative sports medicine in order to help a wider number of people."



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