



DR. PABRINDER KAUR

Sports Medicine Specialist

Malaysian Medical Council Registration Number: 47670
National Specialist Register Number: 136443

EXPERIENCE



- April 2022 Sports Physician
Isokinetic Milano Centro, Italy,
- Mac 2018- Present Sports Physician
Arthroscopy & Sports Injury Unit
Orthopaedic Dept, Hospital Kuala Lumpur
- July 2016 - Feb 2018 Sports Physician
Orthopaedic, Hosp Tuanku Ja'afar
- June 2016 Sports Physician
Orthopaedic Dept, Hospital Ampang.
- June 2012 - May 2016 Postgraduate Medical Officer
Orthopaedic Dept, Hospital Tuanku Ja'afar Seremban

EDUCATION



- 2022 Subspecialty in Sports Injury Rehabilitation & Injury Prevention at Isokinetic Milano Centro
Isokinetic Medical Group: FIFA Medical Centre of Excellence, Milano, Italy
- 2016 Master of Sports Medicine (MSPMed)
University of Malaya
- 2007 Bachelor of Medicine & Bachelor of Surgery (M.B.B.S) Melaka-Manipal Medical College

PROFESSIONAL ORGANISATION MEMBERSHIP

- Treasurer of Arthroscopy and Sports Injury Alumni Society (ASIU)
- Executive Council Member of Malaysian Association of Sports Medicine (MASM)
- Member of Malaysian Medical Association (MMA)

ABOUT ME

My drive & passion has always been for better care in sports medicine & rehabilitation. I've dedicated many years to this field, pairing it with numerous roles in management and education. I've also honed my skills further at the Isokinetic Milano Centro, the FIFA Medical Centre of Excellence in Italy, in the area of Sports Injury Rehabilitation & Injury Prevention. I've been active in conducting research, organizing workshops & giving talks. Furthermore, I teach Sports Medicine to postgraduate students. I am multilingual, with competencies in Bahasa Malaysia, various Chinese dialects (Hakka, Mandarin, Cantonese) with Italian soon to be added to the list.

EXPERTISE

Sports Medicine

- Pre-operative assessment & pre-op rehabilitation
- Management of acute & chronic/ overused musculoskeletal injuries
- Managing degenerated joint disease, osteoarthritis
- Management of medical illness in exercises & sports
- Return to play programme & assessment
- Sports injury prevention program & counselling

Exercise Prescription

- For clients with co-morbidities (medical illnesses)
- Pre-exercise participation screening & evaluation
- Fitness level assessment & consultation
- Overweight/obesity/ weight management clinic

Procedures

- Diagnostic ultrasound on joint/musculoskeletal injury
- Ultrasound guided joint/ musculoskeletal injection (knee, shoulder, ankle, wrist, elbow joint) with steroids / Plasma Rich Platelet- PRP/ Sports Vis/ Prolotherapy
- Hyaluronic Acid Injection of Knee Osteoarthritis
- Kinesio taping: prevention or treatment of sports injuries

In-Patient (Ward Management)

- Pre- and post-operative sport rehabilitation of knee, shoulder and ankle surgery