

Asean orthopaedic Association Junior Travelling Fellowship



Dr Wu Pang Hung from Singapore  
Introduction of Thailand leg and Myanmar Leg

We began our journey in Bangkok Thailand on 26<sup>th</sup> October 2014. A warm welcome dinner by RCOST president Dr Banchong Mahaisavariya.



This is when we met our other travelling fellows from the other ASEAN countries. Starting from the left Artit from Thailand, myself, Dr Banchong( President from RCOST) , Dr Manoj ( RCOST ex president) , Carlos from Philippines, Andhika from Indonesia , Soe Min from Myanmar and Dr Charlee( RCOST)

We began our tour with Police General Hospital where we visited their Orthopaedic Department and had an interesting discussions with their fellows and residents. We also had a short tour on the Operating theatre and physiotherapy department among other facilities. This is when we found out that Thai Massage is part of their treatment strategies. I doubt I would ever discharge myself from their spine service if I can have Thai Massage as a therapy, it is such a wonderful pampering experience.



As the sun sets in Thailand, we settle our night in Rajadamnern Stadium to observe unique Thai sporting activity, Muaythai. I practiced it on our Burmese fellows only to realize that I need more training in Muaythai before fighting an army Major.



Next day we visited Varija Hospital at the periphery of Bangkok and located right in the heart of their palace. This is where we had observed a live surgery on right shoulder hemiarthroplasty. We visited the palace after the hospital visit. We went to a short tour in Bangkok and prepared for our next trip which is Myanmar.

On 30<sup>th</sup> Oct 2014, we reached Yangon. It is late in the afternoon by the time we arrived, but we were greeted by our warm Burmese host and went for a very engaging meeting in Yangon General Hospital discussing various interesting Orthopaedic topics. I shared my 2 cents worth with a discussion on hip implant design. We were each given a longyi, which is traditional Burmese costume. I loved it so much that I wore longyi for the entire trip. It feels funny to be so airy down below but nevertheless a formal dress for all occasions.

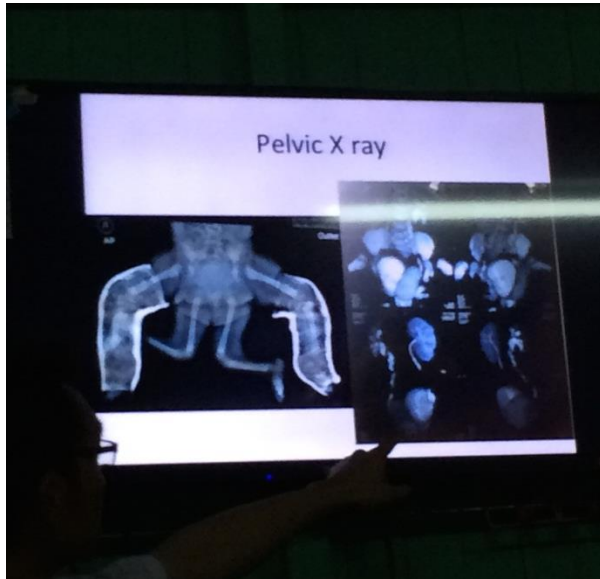




We had a nice dinner with all members of Myanmar Orthopaedic Association



Next few days we visited North Okkalarpa General Hospital and Children Hospital, Yangon. We saw several interesting clinical cases. Most memorable of which is a young toddler with polymelia.



Hospital visits aside, Soe Min our Burmese travelling fellow brought us to various places of interest. The beautiful Shwedagon's Pagoda is a must see in Myanmar. No words can describe how majestic and lavishing it looks



As Myanmar leg comes to a close. Aravind continued the journey of JTF and I am glad to have made new friends, new brothers and like my fellow JTF Andhika said, a life time of family. It is wonderful to know that though we are from different countries, we are not so different in terms of camaraderie, love for Orthopaedics, sports and of course travelling. I thank AOA and SOA for this unique experience.