



Matthew Tay

Consultant, Rehabilitation Medicine, Tan Tock Seng Hospital

Research Interests:

- Ultrasound guided musculoskeletal interventions
- Musculoskeletal rehabilitation
- Cancer rehabilitation

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Biography

Dr Matthew Tay is a staff physiatrist at Tan Tock Seng Hospital (TTSH). He received his basic medical training at the Yong Loo Lin School of Medicine, National University of Singapore, and did his post-graduate training in Rehabilitation Medicine in the National Healthcare Group. He also obtained a Masters in Clinical Investigation from the National University of Singapore.

His research focus is primarily musculoskeletal-focused, investigating the impact of neuromusculoskeletal health on human function. This includes non-surgical management of musculoskeletal pain (e.g. ultrasound guided injections), precision rehabilitation measures, and the innovative use of rehabilitative technology to optimize the functional outcomes of patients. Additionally, he is also investigating the role of rehabilitation in improving health outcomes in cancer survivors. He has collaborated in projects with various academic and industry partners, including Lee Kong Chian School of Medicine and Rehabilitation Research Institute of Singapore.

Selected Publications

- **Tay M**, Sian SCSH, Eow CZ, Ho KLK, Ong JH, Sirisena D. Ultrasound-Guided Lumbar Spine Injection for Axial and Radicular Pain: A Single Institution Early Experience. *Asian Spine J.* 2021 Apr;15(2):216-223.
- Kim JM, **Tay MRJ**, Rajeswaran DK, Tham SL, Lui WL, Kong KH. Changes in muscle architecture on ultrasound in patients early after stroke. *NeuroRehabilitation.* 2021;49(4):565-572. doi: 10.3233/NRE-210257.
- **Tay MRJ**, Haw OJ. Morel-Lavallée Lesion of the knee after low-energy impact in the healthy non-athlete. *J Back Musculoskelet Rehabil.* 2021;34(1):39-42. doi: 10.3233/BMR-200041.

- Neoh EC, **Jie Tay MR**, Tan J, Tan J, Lim YT, Sanchalika A, Chong LF, Guoping Tan K. Short-Term Effect of Peer Volunteers in Providing Inpatient Rehabilitative Exercises for Patients After Total Knee Arthroplasty. *Arch Phys Med Rehabil.* 2021 Jul;102(7):1361-1367. doi: 10.1016/j.apmr.2021.03.004.
- Wong CJ, **Tay MRJ**, Aw HZ. Prevalence and Risk Factors of Adhesive Capsulitis in Asian Breast Cancer Patients Undergoing an Outpatient Community Cancer Rehabilitation Program. *Arch Phys Med Rehabil.* 2020 Oct 24:S0003-9993(20)31153-9.

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
MOH Healthcare Research Scholarship	2019