

Trauma and orthopaedic surgery

Trauma and orthopaedic (T&O) surgeons diagnose and treat conditions of the musculoskeletal system including bones and joints and structures that enable movement such as ligaments, tendons, muscles and nerves.

You'll work with patients of all ages, often in a district general hospital or possibly in specialist centres or orthopaedic hospitals.

F2 female doctor checking patient arm

Life as a trauma and orthopaedic surgeon

You'll spend around 40% of your time in surgery and the rest in outpatient clinics, the emergency department and assessing/monitoring patients before and after surgery. This is a rewarding specialty where your work can bring rapid relief from pain and discomfort for patients.

You'll work on trauma to the musculoskeletal system, such as broken, fractured or dislocated bones and soft tissue injuries. These could be caused by anything from a low energy fracture in an older patient to multiple injuries caused by a road traffic accident.

Your orthopaedic work will include the replacement of whole joints such as knees and hips following damage due to osteoarthritis or rheumatoid arthritis. You'll also treat congenital and degenerative conditions of the musculoskeletal system, often in babies and children, as well as infections and tumours.

Your surgical work is specialised and varied. Some operations are very quick, for example a spinal injection, whereas other operations, to stabilise someone's neck or straighten a spine, may take several hours. You could work as part of a trauma team alongside emergency department doctors, anaesthetists, general surgeons and specialist nurses. You'll also work independently.

You will use the latest technologies such as minimally invasive techniques for diagnosis and surgery and computer-aided navigation during surgery which enables 3D mapping of a joint. This is exciting for you and highly beneficial for your patients with reduced scarring and recovery time.

You can expect to be on-call for trauma emergencies and to sometimes work out-of-hours on long surgical procedures, more so than in some other surgical specialties.

How much can I earn?

You'll first earn a salary when you start your [foundation training](#) ^[1] after medical school. Find out details of current salary ranges for foundation and specialty training, [SAS doctors](#) ^[2] and consultants on the '[Pay for doctors](#)' ^[3] page.

How about the benefits?

- make a difference
- flexible and part-time working
- high income early in your career
- work anywhere in the world
- excellent pension scheme
- good holiday entitlement
- NHS discounts in shops and restaurants

Must-have skills

- excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families
- emotional resilience, a calm temperament and the ability to work well under pressure
- teamwork and the capacity to lead multidisciplinary teams
- problem-solving and diagnostic skills
- outstanding organisational ability and effective decision-making skills
- first-class time and resource management for the benefit of patients
- a high degree of manual dexterity
- superb hand-eye co-ordination, excellent vision, and visuospatial awareness
- physical stamina to cope with the demands of surgery

Entry requirements

Your first step is medical school. Typically, you'll need excellent GCSEs and three A or A* passes at A level including chemistry for a five-year undergraduate degree in medicine. Many medical schools also ask for biology and others may require maths or physics.

If you already have a degree, you could study for a four-year postgraduate degree in medicine.

You'll need to pass an interview and admissions test. You'll be asked to show how you demonstrate the NHS values such as compassion and respect.

Some medical schools look to recruit a mix of students from different backgrounds and geographical areas, so your educational and economic background and family circumstances could be considered as part of your application.

"It was a placement in a children's hospital towards the end of my specialist training that made me decide on paediatric T&O as my sub-specialty. I immediately loved the warm and welcoming atmosphere in the hospital, and working with children."

[Read Emily's story](#) ^[4].

What are my chances of starting a career in trauma and orthopaedics?

In 2020 there were 715 applications for 125 specialty training places, (a competition ratio ^[5] of 5.72). There are currently 2,654 trauma and orthopaedic surgeons working in the NHS in England.

How to become a trauma and orthopaedic surgeon

After medical school, you'll join the paid two-year foundation programme ^[6] where you'll work in six placements in different settings.

After your foundation programme, you can apply for paid specialty training ^[7] to become a trauma and orthopaedic surgeon, which will take a minimum of eight years.

You may be able to train part time, for example for health reasons or if you have family or caring responsibilities.

Where a career in trauma and orthopaedics can take you

You could:

- specialise or conduct research in areas such a particular part of the body for example shoulder/elbow, joint reconstruction such as hip or knee, paediatric surgery, sports injury or complex trauma surgery
- teach medical students or postgraduate students in training
- get involved in research at universities, the NHS or private sector

• [Live vacancies](#)

Find a vacancy

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- **Specialty Doctor - Trauma and Orthopaedics**

Darlington, DL3 6HX

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

County Durham & Darlington NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor - Trauma and Orthopaedics job \(opens in a new window\)](#) ^[8]

- **Consultant in Trauma and Orthopaedics (Knee)**

Guildford, GU2 7XX

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Royal Surrey NHS Foundation Trust

[Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics \(Knee\) job \(opens in a new window\)](#) ^[9]

- **Senior Clinical Fellow Trauma and Orthopaedics**

London, SW17 0QT

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

St George's University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Senior Clinical Fellow Trauma and Orthopaedics job \(opens in a new window\)](#) ^[10]

- **Medical Secretary in Trauma and Orthopaedics**

Torquay, TQ2 7AA

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

[Apply now on NHS Jobs for Medical Secretary in Trauma and Orthopaedics job \(opens in a new window\)](#) ^[11]

- **Trauma and Orthopaedic Advanced Clinical Practitioner**

Bolton, BL4 0JR

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Bolton NHS Foundation Trust

[Apply now on NHS Jobs for Trauma and Orthopaedic Advanced Clinical Practitioner job \(opens in a new window\)](#) ^[12]

- **Specialist Physiotherapist Trauma and Orthopaedics and Vascular**

London, W2 1NY

Salary:

£44806.00 to £53134.00

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

[Apply now on NHS Jobs for Specialist Physiotherapist Trauma and Orthopaedics and Vascular job \(opens in a new window\)](#) ^[13]

- **Specialist Occupational Therapist - Inpatient Trauma and Orthopaedics**

Truro, TR13LQ

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Royal Cornwall Hospitals Trust

[Apply now on NHS Jobs for Specialist Occupational Therapist - Inpatient Trauma and Orthopaedics job \(opens in a new window\)](#) ^[14]

- **Junior Clinic Fellow in Trauma and Orthopaedics**

Orpington, BR5 8ND

Salary:

£49909.00 to £61825.00

Type:

Fixed-Term

Employer:

King's College Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Junior Clinic Fellow in Trauma and Orthopaedics job \(opens in a new window\)](#) ^[15]

- **Consultant in Orthopaedic and Trauma in Hip Surgery & Trauma**

London, SE1 9RT

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Guy's and St Thomas' NHS Foundation Trust

[Apply now on NHS Jobs for Consultant in Orthopaedic and Trauma in Hip Surgery & Trauma job \(opens in a new window\)](#) ^[16]

- **Locum Consultant in Trauma (JR) and Orthopaedic Surgery**

Oxford, OX3 9DU

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Oxford University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Locum Consultant in Trauma \(JR\) and Orthopaedic Surgery job \(opens in a new window\)](#) ^[17]

- **Consultant Orthopaedic Surgeon (Complex Trauma & Limb Reconstruction)**

Bristol, BS2 8HW

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon \(Complex Trauma & Limb Reconstruction\) job \(opens in a new window\)](#) ^[18]

- **Trauma & Orthopaedics Major Trauma Fellow**

Liverpool, L9 7AL

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Liverpool University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Trauma & Orthopaedics Major Trauma Fellow job \(opens in a new window\)](#) ^[19]

- **Consultant in Orthopaedic Spinal Surgery**

London, SE1 9RT

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Guy's and St Thomas' NHS Foundation Trust

[Apply now on NHS Jobs for Consultant in Orthopaedic Spinal Surgery job \(opens in a new window\)](#) ^[20]

- **Clinic Clerk - Trauma & Orthopaedic**

Wirral, CH49 5PE

Salary:

£24169.00

Type:

Permanent

Employer:

Wirral University Teaching Hospitals NHS Trust

[Apply now on NHS Jobs for Clinic Clerk - Trauma & Orthopaedic job \(opens in a new window\)](#) ^[21]

- **Trust Doctor - Trauma & Orthopaedics**

Sunderland, SR4 7TP

South Shields, NE34 0PL

Salary:

£61825.00 to £70425.00

Type:

Permanent

Employer:

South Tyneside and Sunderland NHS Foundation Trust
[Apply now on NHS Jobs for Trust Doctor - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[22]

- **Theatre Practitioner (Trauma & Orthopaedic Theatres)**

Reading, RG1 5AN

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Royal Berkshire NHS Foundation Trust

[Apply now on NHS Jobs for Theatre Practitioner \(Trauma & Orthopaedic Theatres\) job \(opens in a new window\)](#) ^[23]

- **Trust Grade Registrar - Trauma & Orthopaedics**

Chertsey, KT16 0PZ

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Ashford & St. Peter's Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Trust Grade Registrar - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[24]

- **Specialist Occupational Therapist - Trauma & Orthopaedics**

Harrogate, HG2 7SX

Salary:

£35392.00 to £42618.00

Type:

Fixed-Term

Employer:

Harrogate and District NHS Foundation Trust

[Apply now on NHS Jobs for Specialist Occupational Therapist - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[25]

- **Hand Fellow - Trauma & Orthopaedic Department**

Reading, RG1 5AN

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

[Apply now on NHS Jobs for Hand Fellow - Trauma & Orthopaedic Department job \(opens in a new window\)](#) ^[26]

- **Trust Doctor (ST3+) - Trauma & Orthopaedics**

London, E13 8SL

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Trust Doctor \(ST3+\) - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[27]

- **Experienced Trauma/Orthopaedic Physiotherapist band 6**

torquay, TQ27AA

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

[Apply now on NHS Jobs for Experienced Trauma/Orthopaedic Physiotherapist band 6 job \(opens in a new window\)](#) ^[28]

- **Junior Clinical Fellow (F3) - Trauma & Orthopaedics**

Reading, RG1 5AN

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

[Apply now on NHS Jobs for Junior Clinical Fellow \(F3\) - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[29]

- **Band 4 Medical Secretary Supervisor - Trauma & Orthopaedics**

Solihull, B91 2JL

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Band 4 Medical Secretary Supervisor - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[30]

- **Consultant in Orthopaedic Surgery- interest in Hip & Knee Arthroplasty**

Epsom, KT18 7EG

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Epsom and St Helier University Hospitals NHS Trust

[Apply now on NHS Jobs for Consultant in Orthopaedic Surgery- interest in Hip & Knee Arthroplasty job \(opens in a new window\)](#) ^[31]

- **Clinical Teaching Fellow in Trauma & Orthopaedics & Medical Education**

Yeovil, BA21 4AT

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Somerset NHS Foundation Trust

[Apply now on NHS Jobs for Clinical Teaching Fellow in Trauma & Orthopaedics & Medical Education job \(opens in a new window\)](#) ^[32]

- **Training Programme Director for Trauma & Orthopaedics NorthWest London**

Canary Wharf, London, E14 4PU

Salary:

Negotiable

Type:

Secondment

Employer:

NHS England

[Apply now on NHS Jobs for Training Programme Director for Trauma & Orthopaedics NorthWest London job \(opens in a new window\)](#) ^[33]

- **Consultant in Anaesthesia With an interest in ENT and Orthopaedics**

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Consultant in Anaesthesia With an interest in ENT and Orthopaedics job \(opens in a new window\)](#) ^[34]

- **Consultant Orthopaedic Surgeon (Hip/Knee surgeon)**

Torquay, TQ2 7SS

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon \(Hip/Knee surgeon\) job \(opens in a new window\)](#) ^[35]

- **Consultant Orthopaedic Surgeon - Arthroplasty**

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon - Arthroplasty job \(opens in a new window\)](#) ^[36]

- **Consultant Orthopaedic Surgeon - Foot and Ankle**

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon - Foot and Ankle job \(opens in a new window\)](#) ^[37]

- **Part Time Consultant Orthopaedic Surgeon - Foot and Ankle**

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

[Apply now on NHS Jobs for Part Time Consultant Orthopaedic Surgeon - Foot and Ankle job \(opens in a new window\)](#) ^[38]

- **Consultant Orthopaedic Surgeon - interest in Lower Limb Arthroplasty**

Coventry, CV2 2DX

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon - interest in Lower Limb Arthroplasty job \(opens in a new window\)](#) ^[39]

- **Locum Consultant Orthopaedic Foot & Ankle Surgeon**

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Locum

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Locum Consultant Orthopaedic Foot & Ankle Surgeon job \(opens in a new window\)](#) ^[40]

- **Locum T&O Elective Consultant Orthopaedic Surgeon (Foot & Ankle)**

Nottingham, NG5 1PB

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Nottingham University Hospitals NHS Trusts

[Apply now on NHS Jobs for Locum T&O Elective Consultant Orthopaedic Surgeon \(Foot & Ankle\) job \(opens in a new window\)](#) ^[41]

- **Consultant Orthopaedic Surgeon with interest in Hip and Knee Surgery**

Northampton, NN1 5BD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Northampton General Hospital

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon with interest in Hip and Knee Surgery job \(opens in a new window\)](#) ^[42]

- **Orthopaedic practitioner**

Bath, BA1 3NG

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Royal United Hospitals Bath NHS Foundation Trust

[Apply now on NHS Jobs for Orthopaedic practitioner job \(opens in a new window\)](#) ^[43]

- **Highly Specialist Trauma Physiotherapist**

London, E1 1FR

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Highly Specialist Trauma Physiotherapist job \(opens in a new window\)](#) ^[44]

- **Static Orthopaedic Physiotherapist**

Slough, SL2 4HL

Salary:

£31469.00 to £38308.00

Type:

Fixed-Term

Employer:

Frimley Health NHS Foundation Trust

[Apply now on NHS Jobs for Static Orthopaedic Physiotherapist job \(opens in a new window\)](#) ^[45]

- **Plaster/Orthopaedic Technician**

Manchester, M8 5RB

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Manchester University NHS Foundation Trust

[Apply now on NHS Jobs for Plaster/Orthopaedic Technician job \(opens in a new window\)](#) ^[46]

- **Trauma Fellow in Emergency Medicine**

Frimley, GU16 7UJ

Salary:

£43923.00 to £55329.00

Type:

Fixed-Term

Employer:

Frimley Health NHS Foundation Trust

[Apply now on NHS Jobs for Trauma Fellow in Emergency Medicine job \(opens in a new window\)](#) ^[47]

- **Theatre Practitioner (Orthopaedic Scrub)**

Eastleigh, SO53 2DW

Salary:

Negotiable

Type:

Permanent

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner \(Orthopaedic Scrub\) job \(opens in a new window\)](#) ^[48]

- **Senior Orthopaedic Rotational Physiotherapist**

Chertsey, KT16 0PZ

Salary:

£39205.00 to £47084.00

Type:

Permanent

Employer:

Ashford & St. Peter's Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Senior Orthopaedic Rotational Physiotherapist job \(opens in a new window\)](#) ^[49]

- **Orthopaedic Practitioner (Plaster Technician)**

Ashford, TN24 0LZ

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

[Apply now on NHS Jobs for Orthopaedic Practitioner \(Plaster Technician\) job \(opens in a new window\)](#) ^[50]

- **Senior Theatre Practitioner - Orthopaedics**

Nottingham, NG5 8RX

Salary:

£40500.00 to £46500.00

Type:

Permanent

Employer:

Circle Health Group

[Apply now on NHS Jobs for Senior Theatre Practitioner - Orthopaedics job \(opens in a new window\)](#) ^[51]

- **Theatre Practitioner - Orthopaedic Scrub**

Leamington Spa, CV32 6RW

Salary:

£36000.00 to £39000.00

Type:

Permanent

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner - Orthopaedic Scrub job \(opens in a new window\)](#) ^[52]

- **Senior Clinical Fellow in Trauma & Limb Reconstruction**

Leeds, LS1 3EX

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

[Apply now on NHS Jobs for Senior Clinical Fellow in Trauma & Limb Reconstruction job \(opens in a new window\)](#) ^[53]

- **Occupational Therapist- Orthopaedics and Rheumatology**

York, YO31 8HE

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

York and Scarborough Teaching Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Occupational Therapist- Orthopaedics and Rheumatology job \(opens in a new window\)](#) ^[54]

- **Team Lead Physiotherapist (Elective Orthopaedics)**

Exeter, EX2 5DW

Salary:

£37338.00 to £44962.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for Team Lead Physiotherapist \(Elective Orthopaedics\) job \(opens in a new window\)](#) ^[55]

- **Consultant in General Anaesthesia (Orthopaedics)**

Norwich, NR4 7UY

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Norfolk and Norwich University Hospital

[Apply now on NHS Jobs for Consultant in General Anaesthesia \(Orthopaedics\) job \(opens in a new window\)](#) ^[56]

- **Healthcare Assistant - Orthopaedic Pre-assessment**

Braintree, CM7 2AL

Salary:

£24625.00

Type:

Secondment

Employer:

Mid and South Essex NHS Foundation Trust

[Apply now on NHS Jobs for Healthcare Assistant - Orthopaedic Pre-assessment job \(opens in a new window\)](#) ^[57]

- **Band 6 Static Orthopaedic Physiotherapist.**

Carshalton, SM5 1AA

Salary:

£42939.00 to £50697.00

Type:

Permanent

Employer:

Epsom and St Helier University Hospitals NHS Trust

[Apply now on NHS Jobs for Band 6 Static Orthopaedic Physiotherapist. job \(opens in a new window\)](#) ^[58]

- **Further information**

These organisations have further information about being a trauma and orthopaedic surgeon, particularly as your career progresses. Take a look.

[British Orthopaedic Association](#) ^[59]

[British Orthopaedic Trainees Association](#) ^[60]

[Future Orthopaedic Surgeons](#) ^[61]

[Joint Committee on Intercollegiate Examinations](#) ^[62]

[The Royal College of Surgeons of England](#) ^[63]

[The Royal College of Surgeons of Edinburgh](#) ^[64]

Royal College of Physicians and Surgeons of Glasgow [65]

And hear from people working as a trauma and orthopaedic surgeon:

Consultant Trauma and Orthopaedic Surgeon [66]- Council member Royal College of Surgeons

A career in trauma and orthopaedics [67]- Alexander F Young, Benjamin C Caesar, Lee A David

Other roles that may interest you

- Anaesthesia [68]
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Source URL:<https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/surgery/trauma-and-orthopaedic-surgery>

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