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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 <u>foundation training</u> [1] after medical school. Find out details of current salary ranges for foundation and specialty training, <u>SAS doctors</u> [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 <u>foundation programme</u> [6] where you'll work in six placements in different settings.

After your foundation programme, you can apply for paid <u>specialty training</u> [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

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Find a vacancy

Enter your location or postcode

Search

Consultant in Trauma and Orthopaedic Surgeon, Knee Surgery

Manchester, M13 9WL

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Manchester University NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedic Surgeon, Knee Surgery job (opens in a new window) [8]

Trauma and Orthopaedic Coordinator

London, E13 8SL

Salary:

£51883.00 to £58544.00

Type:

Permanent

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Trauma and Orthopaedic Coordinator job (opens in a new window) [9]

Therapy Assistant - Trauma and Orthopaedics

Sandwell and West Birmingham, B71 4HJ

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Sandwell and West Birmingham NHS Trust

Apply now on NHS Jobs for Therapy Assistant - Trauma and Orthopaedics job (opens in a new window) [10]

Team Leader - Trauma and Orthopaedics

Westcliff on Sea, SS0 0RY

Salary:

£47810.00

Type:

Permanent

Employer:

Mid and South Essex NHS Foundation Trust

Apply now on NHS Jobs for Team Leader - Trauma and Orthopaedics job (opens in a new window) [11]

Clinical Fellow in Trauma and Orthopaedics

Weston, BS23 4TQ

Salary:

£49909.00

Type:

Fixed-Term

Employer:

University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

<u>Apply now on NHS Jobs for Clinical Fellow in Trauma and Orthopaedics job (opens in a new window)</u> [12]

Locum Consultant in Trauma and Orthopaedics

Nuneaton, CV10 7DJ

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

George Eliot Hospital NHS Trust

Apply now on NHS Jobs for Locum Consultant in Trauma and Orthopaedics job (opens in a new window) [13]

Therapies Team Lead - Trauma and Orthopaedics

Southport, PR8 6PN

Salary:

Negotiable

Type:

Permanent

Employer:

Mersey and West Lancashire Teaching Hospitals NHS Trust

<u>Apply now on NHS Jobs for Therapies Team Lead - Trauma and Orthopaedics job</u>

<u>(opens in a new window)</u>

[14]

o Clinical Pharmacy Technician - Trauma and Orthopaedic Surgery

Llandudno, LL30 1LB

Salary:

£37898.00 to £45637.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Clinical Pharmacy Technician - Trauma and Orthopaedic Surgery job (opens in a new window) [15]

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) [16]

Band 6 Occupational Therapist - trauma and Orthopaedics

Salisbury, SP2 8BJ

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Salisbury NHS Foundation Trust

Apply now on NHS Jobs for Band 6 Occupational Therapist - trauma and Orthopaedics job (opens in a new window) [17]

Band 3 Therapy Assistant Trauma and Orthopaedic therapy

Salisbury, SP2 8BJ

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Salisbury NHS Foundation Trust

Apply now on NHS Jobs for Band 3 Therapy Assistant Trauma and Orthopaedic therapy job (opens in a new window) [18]

Trust Doctor in Orthopaedic Extremity Trauma (Post-CCT)

London, E1 1FR

Salary:

£54468.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Trust Doctor in Orthopaedic Extremity Trauma (Post-CCT) job (opens in a new window) [19]

Locum Trauma & Orthopaedic Consultant Surgeon

Warrington, WA5 1QG

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Warrington and Halton Teaching Hospitals NHSFT

Apply now on NHS Jobs for Locum Trauma & Orthopaedic Consultant Surgeon job (opens in a new window) [20]

Specialist Physiotherapist - Trauma & Orthopaedics

Nuneaton, CV10 7DJ

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

George Eliot Hospital NHS Trust

Apply now on NHS Jobs for Specialist Physiotherapist - Trauma & Orthopaedics job (opens in a new window) [21]

Specialist Physiotherapist- Trauma & Orthopaedics

London, W2 1NY

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for Specialist Physiotherapist- Trauma & Orthopaedics job (opens in a new window) [22]

Support Typist - Trauma & Orthopaedics

Bath, BA1 3NG

Salary:

£24169.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

Apply now on NHS Jobs for Support Typist - Trauma & Orthopaedics job (opens in a new window) [23]

REGISTRAR – ORTHOPAEDIC AND TRAUMA

keighley, BD20 6DT

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Airedale NHS Foundation Trust

Apply now on NHS Jobs for REGISTRAR – ORTHOPAEDIC AND TRAUMA job (opens in a new window) [24]

Paediatric Orthopaedics and Trauma Fellow

London, E1 1FR

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Paediatric Orthopaedics and Trauma Fellow job (opens in a new window) [25]

o Consultant in Trauma & Orthopaedics - Upper Limb

Cardiff, CF64 2XX

Salary:

£110240.00 to £160951.00

Type:

Permanent

Employer:

Cardiff and Vale University Health Board

Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics - Upper Limb job

(opens in a new window) [26]

Junior Clinical Fellow in Trauma & Orthopaedics

Rotherham, S60 2UD

Salary:

£52656.00

Type:

Fixed-Term

Employer:

The Rotherham NHS Foundation Trust

Apply now on NHS Jobs for Junior Clinical Fellow in Trauma & Orthopaedics job (opens in a new window) [27]

Consultant in Paediatric Trauma & Orthopaedic Surgery

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 Paediatric Trauma & Orthopaedic Surgery job (opens in a new window) [28]

Clinical Specialist Occupational Therapist, Trauma & Orthopaedics

Chertsey, KT16 0PZ

Salary:

£50008.00 to £56908.00

Type:

Fixed-Term

Employer:

Ashford & St. Peter's Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Clinical Specialist Occupational Therapist, Trauma & Orthopaedics job (opens in a new window) [29]

Senior Clinical Fellow in Trauma & Orthopaedics

Norwich, NR4 7UY

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Norfolk and Norwich University Hospital

Apply now on NHS Jobs for Senior Clinical Fellow in Trauma & Orthopaedics job (opens in a new window) [30]

o Consultant Trauma & Orthopaedic -Upper Limb, Shoulder & Elbow

Orpington, BR6 8ND

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Consultant Trauma & Orthopaedic -Upper Limb, Shoulder & Elbow job (opens in a new window) [31]

Consultant in Trauma & Orthopaedics (Upper Limb & Shoulder Surgery)

Telford, TF1 6TF

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

The Shrewsbury and Telford Hospital NHS Trust

Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics (Upper Limb & Shoulder Surgery) job (opens in a new window) [32]

Consultant Trauma & Orthopaedic -Upper Limb, Hand and Wrist

Orpington, BR6 8ND

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Consultant Trauma & Orthopaedic -Upper Limb, Hand and Wrist job (opens in a new window) [33]

Locum Consultant Trauma & Orthopaedics with interest in Spinal Surgery

Harlow, CM20 1QX

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

The Princess Alexandra Hospital NHS Trust

Apply now on NHS Jobs for Locum Consultant Trauma & Orthopaedics with interest in Spinal Surgery job (opens in a new window) [34]

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) [35]

Consultant Orthopaedic Revision Hip Surgeon

Carlisle, CA2 7HY

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

North Cumbria Integrated Care NHS Foundation Trust

<u>Apply now on NHS Jobs for Consultant Orthopaedic Revision Hip Surgeon job</u>

(opens in a new window) [36]

Consultant Orthopaedic and Oncology Surgeon

Oswestry, SY10 7AG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust Apply now on NHS Jobs for Consultant Orthopaedic and Oncology Surgeon job (opens in a new window) [37]

Post CCT Lower Limb Fellow In Trauma and Orthropaedics

London, E13 8SL

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Post CCT Lower Limb Fellow In Trauma and Orthropaedics job (opens in a new window) [38]

Trauma Sister/Coordinator

Bath, BA1 3NG

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

<u>Apply now on NHS Jobs for Trauma Sister/Coordinator job (opens in a new window)</u> [39]

Senior Trauma Fellow

Nottingham, NG7 2UH

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Nottingham University Hospitals NHS Trusts

Apply now on NHS Jobs for Senior Trauma Fellow job (opens in a new window) [40]

Orthopaedic Practitioner

Gateshead, NE9 6SX

Salary:

£29970.00 to £36483.00

Type:

Bank

Employer:

Gateshead Health NHS Foundation Trust

Apply now on NHS Jobs for Orthopaedic Practitioner job (opens in a new window)

[41]

Clinical Psychologist - Major Trauma

Nottingham, NG7 2UH

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Nottingham University Hospitals NHS Trusts

Apply now on NHS Jobs for Clinical Psychologist - Major Trauma job (opens in a new window) [42]

Clinical Lead - Trauma Theatres

Poole, BH15 2JB

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Clinical Lead - Trauma Theatres job (opens in a new window) [43]

Senior Trauma Informed Therapist

Salford, M3 7BB

Salary:

£17922.00

Type:

Permanent

Employer:

We Are Survivors

Apply now on NHS Jobs for Senior Trauma Informed Therapist job (opens in a new window) [44]

Senior Orthopaedic Practitioner

Middlesbrough, TS4 3BW

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

South Tees Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Orthopaedic Practitioner job (opens in a new window) [45]

Therapy Assistant - Orthopaedics

Poole, BH15 2JB

Salary:

£22816.00 to £24336.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Therapy Assistant - Orthopaedics job (opens in a new window) [46]

Trainee Orthopaedic Technician

Surrey, SM5 1AA

Salary:

£29176.00 to £30225.00

Type:

Permanent

Employer:

Epsom and St Helier University Hospitals NHS Trust

Apply now on NHS Jobs for Trainee Orthopaedic Technician job (opens in a new window) [47]

Consultant Orthopaedic Hip

Oxford, OX3 7LD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Oxford University Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Hip job (opens in a new window) [48]

Pharmacy Technician - Orthopaedics

Bodelwyddan, LL18 5UJ

Salary:

£30420.00 to £37030.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Pharmacy Technician - Orthopaedics job (opens in a new window) [49]

Specialist Physiotherapist - Orthopaedics

Bath, BA1 3NG

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

Apply now on NHS Jobs for Specialist Physiotherapist - Orthopaedics job (opens in a new window) [50]

Qualified Psychologist Veterans Trauma PTSD

Northampton, NN1 5DG

Derby, de55 6ld

Nottingham, NG6 8SS

Cambridge, CB2 3BZ

Lincoln, LN5 8LD

Peterborough, pe1 1nw

Salary:

£46781.00 to £57161.00

Type:

Permanent

Employer:

St Andrew's Healthcare

Apply now on NHS Jobs for Qualified Psychologist Veterans Trauma PTSD job (opens in a new window) [51]

Specialist Neurosciences and Trauma Dietitian

London, E1 1FR

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Specialist Neurosciences and Trauma Dietitian job (opens in a new window) [52]

Consultant Clinical Psychologist - Trauma Lead

Pontypridd, CF37 1DZ

Salary:

£75405.00 to £86885.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

<u>Apply now on NHS Jobs for Consultant Clinical Psychologist - Trauma Lead job</u>

(opens in a new window) [53]

Orthopaedic Physiotherapy Advanced Practitioner

Barnstaple, EX31 4JB

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Royal Devon University Healthcare NHS Foundation Trust

<u>Apply now on NHS Jobs for Orthopaedic Physiotherapy Advanced Practitioner job</u>

(opens in a new window) [54]

Orthopaedic Clinical Administrative Officer

Chesterfield, S44 5BL

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Chesterfield Royal Hospital NHS Foundation Trust

<u>Apply now on NHS Jobs for Orthopaedic Clinical Administrative Officer job (opens in a new window)</u> [55]

Therapy Assistant - Elective Orthopaedics

Bournemouth, BH7 7DW

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Therapy Assistant - Elective Orthopaedics job (opens in a new window) [56]

Orthopaedic Foot & Ankle Fellow

Basingstoke/Winchester, RG24 9NA

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Hampshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Orthopaedic Foot & Ankle Fellow job (opens in a new window) [57]

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) [58]

Bank Theatre Practitioner Orthopaedics

Leeds, LS1 3EB

Salary:

£12.00 to £12.00

Type:

Bank

Employer:

Nuffield Health

Apply now on NHS Jobs for Bank Theatre Practitioner Orthopaedics job (opens in a new window) [59]

Physio Team Lead Elective Orthopaedics

Hayle, TR27 4JA

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Royal Cornwall Hospitals Trust

Apply now on NHS Jobs for Physio Team Lead Elective Orthopaedics job (opens in a new window) [60]

Occupational Therapy Team Lead - Orthopaedics

Bath, BA2 3NG

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

<u>Apply now on NHS Jobs for Occupational Therapy Team Lead - Orthopaedics job</u>

<u>(opens in a new window)</u> [61]

Orthopaedic Senior Theatre Practitioner (RGN)

York, YO31 8TA

Salary:

£42500.00 to £42500.00

Type:

Permanent

Employer:

Nuffield Health

Apply now on NHS Jobs for Orthopaedic Senior Theatre Practitioner (RGN) job (opens in a new window) [62]

Senior Orthopaedic Practitioner - Foot & Ankle

York, YO31 8HE

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

York and Scarborough Teaching Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Senior Orthopaedic Practitioner - Foot & Ankle job</u>

<u>(opens in a new window)</u> [63]

Junior Doctor Rota Manager - Orthopaedics

Dartford, DA2 8DA

Salary:

£31469.00 to £38308.00

Type:

Fixed-Term

Employer:

Dartford and Gravesham NHS Trust

Apply now on NHS Jobs for Junior Doctor Rota Manager - Orthopaedics job (opens in a new window) [64]

Elective Orthopaedic Theatre Team Leader

Wakefield, WF1 4DG

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

Apply now on NHS Jobs for Elective Orthopaedic Theatre Team Leader job (opens in a new window) [65]

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 [66]

British Orthopaedic Trainees Association [67]

Future Orthopaedic Surgeons [68]

Joint Committee on Intercollegiate Examinations [69]

The Royal College of Surgeons of England [70]

The Royal College of Surgeons of Edinburgh [71]

Royal College of Physicians and Surgeons of Glasgow [72]

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

Consultant Trauma and Orthopaedic Surgeon [73]- Council member Royal College of Surgeons

A career in trauma and orthopaedics [74]- Alexander F Young, Benjamin C Caesar, Lee A David

Other roles that may interest you

- Anaesthesia [75]
- Emergency medicine [76]
- Rheumatology [77]
- Sport and exercise medicine [78]

Source URL:https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/surgery/trauma-andorthopaedic-surgery

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[6] https://foundationprogramme.nhs.uk/ [7] https://medical.hee.nhs.uk/medical-training-

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