Home > Explore roles > Doctors > Roles for doctors > Surgery > Trauma and orthopaedic surgery

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
- Live vacancies

Find a vacancy

Enter your location or postcode

Search

o Consultant Trauma and Orthopaedic Surgeon, Hand and Wrist

Wythenshawe, M23 9LT

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Manchester University NHS Foundation Trust

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

Medical Secretary - Trauma and Orthopaedics

Walsall, WS2 9PS

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

Walsall Healthcare NHS Trust

Apply now on NHS Jobs for Medical Secretary - Trauma and Orthopaedics job (opens in a new window) [9]

o Consultant in Trauma and Orthopaedics

Derby, DE22 3NE

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

University Hospitals of Derby and Burton NHS Foundation Trust Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics job (opens in a new window) [10]

Trauma and Orthopaedics Physiotherapy Team Lead

London, N19 5NF

Salary:

£56276.00 to £63176.00

Type:

Permanent

Employer:

Whittington Hospital NHS Trust

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

Therapy Assistant Practitioner - Trauma and Orthopaedics

Lancaster, LA1 4RP

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

University Hospitals of Morecambe Bay NHS Trust

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

Care Group Pharmacist - Trauma and Orthopaedics

Southampton, SO16 6YD

Salary:

Negotiable

Type:

Permanent

Employer:

University Hospital Southampton NHS Trust

Apply now on NHS Jobs for Care Group Pharmacist - Trauma and Orthopaedics job (opens in a new window) [13]

Team Lead Occupational Therapist- Trauma and Orthopaedics

Gillingham, ME7 5NY

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Medway NHS Foundation Trust

Apply now on NHS Jobs for Team Lead Occupational Therapist- Trauma and Orthopaedics job (opens in a new window) [14]

Consultant in Trauma and Orthopaedic Surgery (HIPS)

Exeter, EX2 5DW

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

Royal Devon University Healthcare NHS Foundation Trust

<u>Apply now on NHS Jobs for Consultant in Trauma and Orthopaedic Surgery (HIPS)</u>
<u>job (opens in a new window)</u> [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]

Team Lead Occupational Therapist (Trauma and Orthopaedics)

Exeter, EX2 5DW

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Royal Devon University Healthcare NHS Foundation Trust

Apply now on NHS Jobs for Team Lead Occupational Therapist (Trauma and
Orthopaedics) job (opens in a new window) [17]

Band 4 Therapy Support Worker - Trauma and Orthopaedic

Sutton Coldfield, B75 7RR

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

University Hospitals Birmingham NHS Foundation Trust

<u>Apply now on NHS Jobs for Band 4 Therapy Support Worker - Trauma and Orthopaedic job (opens in a new window)</u>
[18]

Locum Consultant in Major Trauma and Orthopaedic Surgery

Leeds, LS1 3EX

Salary:

£109725.00 to £145478.00

Type:

Locum

Employer:

Leeds Teaching Hospitals

Apply now on NHS Jobs for Locum Consultant in Major Trauma and Orthopaedic Surgery job (opens in a new window) [19]

Trust Doctor ST3+Level in Trauma and Orthopaedics

London, E11 1NR

Salary:

£50175.00 to £67610.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Trust Doctor ST3+Level in Trauma and Orthopaedics job (opens in a new window) [20]

Service Manager (CAT 5 Trauma and Orthopaedics) - Fixed Term Months

Reading, RG1 5AN

Salary:

£47810.00 to £54710.00

Type:

Fixed-Term

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Service Manager (CAT 5 Trauma and Orthopaedics) - Fixed Term 12 Months job (opens in a new window) [21]

Consultant Surgeon - Orthopaedics & Trauma

Braddan, IM4 4RJ

Salary:

£107208.00 to £185166.00

Type:

Permanent

Employer:

Manx Care

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

Trauma 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 Trauma Fellow - Trauma & Orthopaedic Department job (opens in a new window) [23]

Clinic Clerk - Trauma & Orthopaedic

Wirral, CH49 5PE

Salary:

£24169.00

Type:

Permanent

Employer:

Wirral University Teaching Hospitals NHS Trust

<u>Apply now on NHS Jobs for Clinic Clerk - Trauma & Orthopaedic job (opens in a new window)</u>

[24]

o Consultant in Trauma & Orthopaedics

Llantrisant, CF72 8XR

Salary:

£110240.00 to £160951.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics job (opens in a new window) [25]

Consultant Trauma & Orthopaedics - Foot & Ankle

NCA Wide, BL9 7TD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Northern Care Alliance NHS Foundation Trust

<u>Apply now on NHS Jobs for Consultant Trauma & Orthopaedics - Foot & Ankle job</u>

(opens in a new window) [26]

Senior Medical Secretary - Trauma & Orthopaedics

Stockport, SK2 7JE

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

Stockport NHS Foundation Trust

Apply now on NHS Jobs for Senior Medical Secretary - Trauma & Orthopaedics job (opens in a new window) [27]

Paediatric Orthopaedic and Trauma Fellowship

Sheffield, S10 2TH

Salary:

£49909.00 to £70425.00

Type:

Fixed-Term

Employer:

Sheffield Children's NHS Foundation Trust

Apply now on NHS Jobs for Paediatric Orthopaedic and Trauma Fellowship job (opens in a new window) [28]

Theatre Practitioner (Trauma & Orthopaedic Theatres)

Reading, RG1 5AN

Salary:

£31049.00 to £37796.00

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) [29]

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) [30]

Consultant Orthopaedic Surgeon

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon job (opens in a new window) [31]

Locum Consultant Orthopaedic Surgeon

Camberwell, SE5 9RS

Salary:

£105504.00 to £139882.00

Type:

Locum

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Locum Consultant Orthopaedic Surgeon job (opens in a new window) [32]

Locum Consultant in Trauma & Orthopaedics (Hip & Knee Arthroplasty)

Telford, TF1 6TF

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

The Shrewsbury and Telford Hospital NHS Trust

Apply now on NHS Jobs for Locum Consultant in Trauma & Orthopaedics (Hip & Knee Arthroplasty) job (opens in a new window) [33]

Locum Pelvic Reconstructive Consultant In Trauma & Orthopaedic Surgery

London, W2 1NY

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for Locum Pelvic Reconstructive Consultant In Trauma & Orthopaedic Surgery job (opens in a new window) [34]

Locum Orthopaedic Consultant - interest in Trauma/Upper limb Surgery

Camberwell, SE5 9RS

Salary:

£105504.00 to £139882.00

Type:

Locum

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Locum Orthopaedic Consultant - interest in

Trauma/Upper limb Surgery job (opens in a new window) [35]

Consultant Orthopaedic Surgeon – Upper Limb or Shoulder & Elbow

Shepton Mallet, BA4 4LP

Salary:

Negotiable

Type:

Permanent

Employer:

Practice Plus Group

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon – Upper Limb or Shoulder & Elbow job (opens in a new window) [36]

Consultant Orthopaedic Surgeon (special interest in Hand and Wrist)

Barnsley, S75 2EP

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

Barnsley Hospital NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon (special interest in Hand and Wrist) job (opens in a new window) [37]

Trauma and Wellbeing Practitioner

Exeter, EX2 5AZ

Salary:

£31049.00 to £33487.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

<u>Apply now on NHS Jobs for Trauma and Wellbeing Practitioner job (opens in a new window)</u> [38]

Trauma and Wellbeing Practitioner

Exeter, EX2 5AZ

Salary:

£31049.00 to £37796.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

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

Specialist Physiotherapist Trauma and Orthopedics

Merthyr Tydfil, CF47 9DT

Salary:

£39263.00 to £47280.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

<u>Apply now on NHS Jobs for Specialist Physiotherapist Trauma and Orthopedics job</u>
<u>(opens in a new window)</u> [40]

o Consultant in Anaesthesia: Trauma and Regional Anaesthesia

Reading, RG1 5AN

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Anaesthesia: Trauma and Regional Anaesthesia job (opens in a new window) [41]

Major Trauma Coordinator

Coventry, CV2 2DX

Salary:

£47810.00 to £54710.00

Type:

Fixed-Term

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

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

Major Trauma Coordinator

Coventry, CV2 2DX

Salary:

£47810.00 to £54710.00

Type:

Fixed-Term

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

Apply now on NHS Jobs for Major Trauma Coordinator job (opens in a new window) [43]

o Orthopaedic Unit Manager

Bedford, MK42 9DJ

Salary:

£47810.00 to £54710.00

Type:

Fixed-Term

Employer:

Bedfordshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Orthopaedic Unit Manager job (opens in a new window) [44]

Senior Orthopaedic Practitioner

Hereford, HR1 2ER

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Wye Valley NHS Trust

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

Bank Theatre Practitioner Orthopaedics

Leeds, LS1 3EB

Salary:

£30.00 to £35.00

Type:

Bank

Employer:

Nuffield Health

Apply now on NHS Jobs for Bank Theatre Practitioner Orthopaedics job (opens in a new window) [46]

Orthopaedic Practitioner - Plaster Room

King's Lynn, PE30 4ET

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

The Queen Elizabeth Hospital King's Lynn NHSFT

Apply now on NHS Jobs for Orthopaedic Practitioner - Plaster Room job (opens in a new window) [47]

Senior Orthopaedic Occupational Therapist

Swindon, SN3 6BB

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Great Western Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Orthopaedic Occupational Therapist job (opens in a new window) [48]

Orthopaedics - Operational Support Manager

London, N19 5NR

Salary:

£37259.00 to £45356.00

Type:

Permanent

Employer:

Whittington Hospital NHS Trust

Apply now on NHS Jobs for Orthopaedics - Operational Support Manager job (opens in a new window) [49]

Specialist Physiotherapist - Inpatient Orthopaedics

Haywards Heath, RH16 4EX

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

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

Theatre Practitioner - Orthopaedic Scrub

Caterham, CR3 6DP

Salary:

Negotiable

Type:

Permanent

Employer:

Ramsay Health Care UK Operations Limited

Apply now on NHS Jobs for Theatre Practitioner - Orthopaedic Scrub job (opens in a new window) [51]

Clinical Lead – Complexed Trauma Services

Staffordshire, B77 1AA

Salary:

£70000.00 to £70000.00

Type:

Permanent

Employer:

The Cambian Group

Apply now on NHS Jobs for Clinical Lead – Complexed Trauma Services job (opens in a new window) [52]

Deputy ward manager - Emergency Orthopaedic

Ashton-under-lyne, OL6 9RW

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Tameside and Glossop Integrated Care NHS Foundation Trust

Apply now on NHS Jobs for Deputy ward manager - Emergency Orthopaedic job

(opens in a new window) [53]

Senior Physiotherapy Technical Instructor Orthopaedics

Haywards Heath, RH16 4EX

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

Apply now on NHS Jobs for Senior Physiotherapy Technical Instructor

Orthopaedics job (opens in a new window) [54]

Consultant in Rehabilitation Medicine: Major Trauma

Plymouth, PL6 8DH

Plymouth, PL6 5XW

Plymouth, PL4 7QD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Livewell Southwest

Apply now on NHS Jobs for Consultant in Rehabilitation Medicine: Major Trauma job (opens in a new window) [55]

Senior Clinical Fellow in Major Trauma

London, W2 1NY

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for Senior Clinical Fellow in Major Trauma job (opens in a new window) [56]

Advanced Clinical Practitioner - Hampshire Orthopaedic Centre

Winchester, SO22 5DG

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

Hampshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Advanced Clinical Practitioner - Hampshire Orthopaedic Centre job (opens in a new window) [57]

Band 6 - Orthopaedic Scrub Practitioner, Theatres

St Albans, AL3 5PN

Salary:

£40617.00 to £48778.00

Type:

Permanent

Employer:

West Hertfordshire Teaching Hospitals NHS Trust

Apply now on NHS Jobs for Band 6 - Orthopaedic Scrub Practitioner, Theatres job (opens in a new window) [58]

Physiotherapy Practitioner – Neuro-Orthopaedics Cerebral Palsy

Liverpool, L12 2HP

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

Alder Hey Children's NHS Foundation Trust

Apply now on NHS Jobs for Physiotherapy Practitioner – Neuro-Orthopaedics Cerebral Palsy job (opens in a new window) [59]

Consultant in Emergency General and Trauma Surgery

Liverpool, L9 7AL

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

Liverpool University Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Emergency General and Trauma

Surgery job (opens in a new window) [60]

Occupational Therapy Technical Instructor - Orthoapedic and Trauma

Chichester, PO19 6SE

Salary:

£24937.00 to £26598.00

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

<u>Apply now on NHS Jobs for Occupational Therapy Technical Instructor - Orthoapedic and Trauma job (opens in a new window) [61]</u>

Deputy Sister/Senior Operating Department Practitioner – Orthopaedics

Dorchester, DT1 2JY

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Dorset County Hospital NHS Foundation Trust

Apply now on NHS Jobs for Deputy Sister/Senior Operating Department

Practitioner – Orthopaedics job (opens in a new window) [62]

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 [63]

British Orthopaedic Trainees Association [64]

Future Orthopaedic Surgeons [65]

Joint Committee on Intercollegiate Examinations [66]

The Royal College of Surgeons of England [67]

The Royal College of Surgeons of Edinburgh [68]

Royal College of Physicians and Surgeons of Glasgow [69]

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

<u>Consultant Trauma and Orthopaedic Surgeon</u> [70]- Council member Royal College of Surgeons

A career in trauma and orthopaedics [71]- Alexander F Young, Benjamin C Caesar, Lee A David

Other roles that may interest you

- Anaesthesia [72]
- Emergency medicine [73]
- Rheumatology [74]
- Sport and exercise medicine [75]

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

Links

[1] https://www.healthcareers.nhs.uk/glossary#Foundation_training[2]

https://www.healthcareers.nhs.uk/explore-roles/doctors/career-opportunities-doctors/sas-doctors[3]

https://www.healthcareers.nhs.uk/explore-roles/doctors/pay-doctors [4]

https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/surgery/trauma-and-orthopaedic-surgery/real-life-story-miss-emily-baird [5] https://www.healthcareers.nhs.uk/glossary#Competition_ratio [6] https://foundationprogramme.nhs.uk/ [7] https://medical.hee.nhs.uk/medical-training-

recruitment/medical-specialty-training [8] https://beta.jobs.nhs.uk/candidate/jobadvert/C9349-25-2338 [9]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9407-25-0258 [10]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9320-25-0945 [11]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9220-25-0512 [12]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9331-25-0717 [13]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9188-25-0659 [14]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9275-25-0358 [15]

https://beta.jobs.nhs.uk/candidate/jobadvert/C0023-25-1451 [16]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9290-25-0345 [17]

https://beta.jobs.nhs.uk/candidate/jobadvert/C0023-25-1408 [18]

https://beta.jobs.nhs.uk/candidate/jobadvert/C0020-25-1239 [19]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9298-MED-803 [20]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9259-25-1736 [21]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0620 [22]

https://beta.jobs.nhs.uk/candidate/jobadvert/K0006-25-0150 [23]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0616 [24]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9408-25-0577 [25]

https://beta.jobs.nhs.uk/candidate/jobadvert/H9110-25-1168 [26]

https://beta.jobs.nhs.uk/candidate/jobadvert/C9236-25-1253 [27]

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https://beta.jobs.nhs.uk/candidate/jobadvert/C9362-25-0653 [28]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9425-25-0344 [29]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0621 [30]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0638 [31]
https://beta.jobs.nhs.uk/candidate/jobadvert/E0314-25-3354 [32]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9213-25-0779 [33]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9223-25-0709 [34]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9290-25-0942 [35]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9213-25-0781 [36]
https://beta.jobs.nhs.uk/candidate/jobadvert/E0314-25-3351 [37]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9163-0791-07-25 [38]
https://beta.jobs.nhs.uk/candidate/jobadvert/C0023-25-1455 [39]
https://beta.jobs.nhs.uk/candidate/jobadvert/C0023-25-1456 [40]
https://beta.jobs.nhs.uk/candidate/jobadvert/H9110-25-1164 [41]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0585 [42]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9218-25-0815 [43]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9218-25-0816 [44]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9418-25-0915 [45]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9229-25-0522 [46]
https://beta.jobs.nhs.uk/candidate/jobadvert/E0302-25-0981 [47]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9426-25-0257 [48]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9249-25-0342 [49]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9220-25-0536 [50]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9279-25-1447 [51]
https://beta.jobs.nhs.uk/candidate/jobadvert/E0365-JR12713 [52]
https://beta.jobs.nhs.uk/candidate/jobadvert/E0130-25-0061 [53]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9245-25-0368 [54]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9279-25-1468 [55]
https://beta.jobs.nhs.uk/candidate/jobadvert/B9832-MD-2025-346 [56]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9290-25-0929 [57]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9251-25-0559 [58]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9360-25-0422 [59]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9411-25-0307 [60]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9287-25-1252 [61]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9279-25-1442 [62]
https://beta.jobs.nhs.uk/candidate/jobadvert/C9405-25-0292 [63] http://www.boa.ac.uk/ [64]
http://www.bota.org.uk [65] http://www.futureorthopaedicsurgeons.com [66] http://www.jcie.org.uk [67]
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