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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 <u>'Pay for doctors'</u> [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 <u>competition ratio</u> [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 <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

Consultant Trauma and Orthopaedic Surgeon - Lower Limb Arthroplasty

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 Trauma and Orthopaedic Surgeon - Lower Limb Arthroplasty job (opens in a new window) [8]

• Trauma and Orthopaedic Knee Fellow

Reading, RG1 5AN Salary: £70425.00 Type: Fixed-Term Employer: Royal Berkshire NHS Foundation Trust Apply now on NHS Jobs for Trauma and Orthopaedic Knee Fellow job (opens in a new window)

Team Lead Physiotherapist -Trauma and Orthopaedics

Brixton, SE5 9RS

Salary: £54320.00 to £60981.00 Type: Permanent Employer: King's College Hospital NHS Foundation Trust Apply now on NHS Jobs for Team Lead Physiotherapist -Trauma and Orthopaedics job (opens in a new window) [10]

Support Typist in Trauma and Orthopaedics

Yeovil, BA21 4AT

Salary:

£24169.00 Type: Fixed-Term Employer: Somerset NHS Foundation Trust Apply now on NHS Jobs for Support Typist in Trauma and Orthopaedics job (opens in a new window) [11]

Trauma and Orthopaedic Trust Grade Doctor

Cramlington, NE23 6NZ

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Northumbria Healthcare NHS Foundation Trust Apply now on NHS Jobs for Trauma and Orthopaedic Trust Grade Doctor job (opens in a new window) [12]

• Clinical Fellow in Trauma and Orthopaedics

Poole, BH15 2JB Salary: £61825.00 Type: Permanent Employer: University Hospitals Dorset NHS Foundation Trust Apply now on NHS Jobs for Clinical Fellow in Trauma and Orthopaedics job (opens in a new window) [13]

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) [14]

• Locum Trauma and Orthopaedic Consultant - Hand and Wrist

Birmingham, B9 5SS Sutton Coldfield, B75 7RR Solihull, B91 2JL

Salary: £105504.00 to £139882.00 Type: Fixed-Term Employer: University Hospitals Birmingham NHS Foundation Trust <u>Apply now on NHS Jobs for Locum Trauma and Orthopaedic Consultant - Hand</u> and Wrist job (opens in a new window) [15]

Senior Occupational Therapist for Orthopaedics

London, E11 1NR

Salary: £51883.00 to £58544.00 Type: Permanent Employer: Barts Health NHS Trust Apply now on NHS Jobs for Senior Occupational Therapist for Orthopaedics job (opens in a new window) [16]

Senior Trauma Fellow in Trauma & Orthopaedics

Leeds, LS1 3EX
Salary:
£70425.00
Туре:
Fixed-Term
Employer:
Leeds Teaching Hospitals
Apply now on NHS Jobs for Senior Trauma Fellow in Trauma & Orthopaedics job
(opens in a new window) [17]

• Occupational Therapist - Trauma & Orthopaedics

Margate, CT9 4AN Salary: £37338.00 to £44962.00 Type: Permanent Employer: East Kent Hospitals University NHS Foundation Trust Apply now on NHS Jobs for Occupational Therapist - Trauma & Orthopaedics job (opens in a new window) [18]

Trust Grade Registrar - Trauma & Orthopaedics

Kettering, NN16 8UZ

Salary:

£61825.00 to £70425.00 Type: Secondment Employer: Kettering General Hospital NHS Foundation Trust <u>Apply now on NHS Jobs for Trust Grade Registrar - Trauma & Orthopaedics job</u> (opens in a new window) [19]

B6 Occupational Therapist - Trauma & Orthopaedics

Ipswich, IP4 5PD

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust Apply now on NHS Jobs for B6 Occupational Therapist - Trauma & Orthopaedics job (opens in a new window) [20]

Consultant in Trauma & Orthopaedics (Knee)

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 Trauma & Orthopaedics (Knee) job (opens in a new window) [21]

• Senior Physiotherapist - Trauma Orthopaedics Band 6

Poole, BH15 2JB Salary: £37338.00 to £44962.00 Type: Permanent

Employer:

• Consultant in Trauma & Orthopaedics - Hip & Knee Surgery

Cardiff, CF64 2XX

Salary:

£106000.00 to £154760.00 Type: Permanent Employer: Cardiff and Vale University Health Board Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics - Hip & Knee Surgery job (opens in a new window) [23]

Locum Trauma & Orthopaedic Consultant - Diabetic Foot & Ankle services

Margate, CT9 4BG

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

East Kent Hospitals University NHS Foundation Trust Apply now on NHS Jobs for Locum Trauma & Orthopaedic Consultant - Diabetic Foot & Ankle services job (opens in a new window) [24]

• Specilaity Lead for Trauma Orthopaedics and Plastics Theatre

Coventry, CV2 2DX

Salary: £46148.00 to £52809.00

Type:

Permanent Employer:

University Hospitals Coventry and Warwickshire NHS Trust <u>Apply now on NHS Jobs for Specilaity Lead for Trauma Orthopaedics and Plastics</u> Theatre job (opens in a new window) [25]

Consultant in Trauma & Orthopaedics, Revision Hip & Knee Surgery

Margate, CT9 4BG

Salary:

£105504.00 to £139882.00 Type: Permanent Employer: East Kent Hospitals University NHS Foundation Trust <u>Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics, Revision Hip &</u> Knee Surgery job (opens in a new window) [26]

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) [27]

Consultant in Trauma and Pelvic Surgery

Manchester, M13 9WL Salary: £105504.00 to £139882.00 Type: Permanent Employer: Manchester University NHS Foundation Trust <u>Apply now on NHS Jobs for Consultant in Trauma and Pelvic Surgery job (opens in a new window)</u> [28]

• Research Registrar in Trauma and Vascular Surgery

Leeds, LS1 3EX

Salary: £61825.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

Apply now on NHS Jobs for Research Registrar in Trauma and Vascular Surgery job (opens in a new window) [29]

• Consultant in Anaesthesia: Trauma and Regional Anaesthesia

Reading, RG1 5AN

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Royal Berkshire NHS Foundation Trust <u>Apply now on NHS Jobs for Consultant in Anaesthesia: Trauma and Regional</u> <u>Anaesthesia job (opens in a new window)</u> [30]

• Perinatal Peer Support Worker, Trauma and Bereavement Service

Nottinghamshire, NG5 3FL

Salary: £24625.00 to £25674.00 Type: Permanent Employer: Nottinghamshire Healthcare NHS Foundation Trust <u>Apply now on NHS Jobs for Perinatal Peer Support Worker, Trauma and</u> Bereavement Service job (opens in a new window) [31]

• 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 Orthopaedic Technician job (opens in a new window)
[32]

• Senior Physiotherapist (Trauma rotation)

PLYMOUTH, PL6 8DH Salary: £37338.00 to £44962.00 Type: Permanent Employer: University Hospitals Plymouth NHS Trust Apply now on NHS Jobs for Senior Physiotherapist (Trauma rotation) job (opens in a new window) [33]

Specialist Major Trauma Dietitian

Hull, HU3 2JZ

Salary: £37338.00 to £44962.00 Type: Permanent Employer: Hull University Teaching Hospitals NHS Trust Apply now on NHS Jobs for Specialist Major Trauma Dietitian job (opens in a new window) [34]

• 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) [35]

• Senior Orthopaedic Practitioner

Guernsey, GY4 6UU Salary: £38744.00 to £49970.00 Type: Permanent Employer: States of Guernsey Apply now on NHS Jobs for Senior Orthopaedic Practitioner job (opens in a new window) [36]

Advanced Physiotherapist - Orthopaedics

London, SE1 2PR Salary: Negotiable Type: Permanent Employer: HCA Healthcare UK Apply now on NHS Jobs for Advanced Physiotherapist - Orthopaedics job (opens in a new window) [37]

• Senior Orthopaedic Practitioner

Barnstaple, EX314JB Salary: £38682.00 to £46580.00 Type: Permanent Employer: Royal Devon University Healthcare NHS Foundation Trust Apply now on NHS Jobs for Senior Orthopaedic Practitioner job (opens in a new window) [38]

Orthopaedic Specialist Physiotherapist

Chichester, PO19 6SE Salary: Negotiable Type: Permanent Employer: University Hospitals Sussex NHS Foundation Trust (279) Apply now on NHS Jobs for Orthopaedic Specialist Physiotherapist job (opens in a new window) [39]

Assistant Orthopaedic Practitioner

Cardifff, CF14 4XW Salary: £26928.00 to £29551.00 Type: Permanent Employer: Cardiff and Vale University Health Board <u>Apply now on NHS Jobs for Assistant Orthopaedic Practitioner job (opens in a new</u> window)_ [40]

• Senior Orthopaedic Practitioner

Barnstaple, EX314JB

Salary: £38682.00 to £46580.00 Type: Permanent Employer:

Royal Devon University Healthcare NHS Foundation Trust Apply now on NHS Jobs for Senior Orthopaedic Practitioner job (opens in a new window) [41]

Major Trauma Rehabilitation Co-ordinator

Middlesbrough, TS4 3BW Salary: £46148.00 to £52809.00 Type: Permanent Employer: South Tees Hospitals NHS Foundation Trust Apply now on NHS Jobs for Major Trauma Rehabilitation Co-ordinator job (opens in a new window) [42]

Orthopaedics Clinical Fellow Doctor

Braddan, IM4 4RJ

Salary: £61825.00 to £70425.00 Type: Fixed-Term Employer: Manx Care Apply now on NHS Jobs for Orthopaedics Clinical Fellow Doctor job (opens in a <u>new window)</u> [43]

• Theatre Team Lead - Orthopaedics

Sutton, SM3 9DW Salary: Negotiable Type: Permanent Employer: Spire Healthcare Ltd Apply now on NHS Jobs for Theatre Team Lead - Orthopaedics job (opens in a <u>new window)</u> [44]

• Senior Clinical Pharmacist - Orthopaedics

Durham, DH1 5TW Salary:

£53755.00 to £60504.00

Type: Fixed-Term Employer: County Durham & Darlington NHS Foundation Trust Apply now on NHS Jobs for Senior Clinical Pharmacist - Orthopaedics job (opens in a new window) [45]

Orthopaedic - Junior Clinical Fellow

Croydon, CR7 7YE

Salary:

£49909.00

Type:

Fixed-Term

Employer:

Croydon Health Services NHS Trust <u>Apply now on NHS Jobs for Orthopaedic - Junior Clinical Fellow job (opens in a</u> new window) [46]

• Senior MSK/Orthopaedic Physiotherapist

Chichester, PO19 8EL Salary: £40750.00 to £44750.00 Type: Permanent Employer: Nuffield Health <u>Apply now on NHS Jobs for Senior MSK/Orthopaedic Physiotherapist job (opens in a new window)</u> [47]

Orthopaedic Shoulder & Elbow Fellow

Basingstoke/Winchester, SO22 5DG

Salary: Negotiable Type: Fixed-Term Employer: Hampshire Hospitals NHS Foundation Trust Apply now on NHS Jobs for Orthopaedic Shoulder & Elbow Fellow job (opens in a new window) [48]

• 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) [49]

• Orthopaedic Theatre Practitioner - MEOC

Mexborough, S64 0AZ Salary: £29970.00 to £36483.00 Type: Permanent Employer: Doncaster & Bassetlaw Teaching Hospitals NHS FT Apply now on NHS Jobs for Orthopaedic Theatre Practitioner - MEOC job (opens in a new window) [50]

Trauma Informed Therapist (Part-time Prisons)

Salford, M3 7BB Millom, LA18 4NA Salary: £27810.00 Type: Permanent Employer: We Are Survivors Apply now on NHS Jobs for Trauma Informed Therapist (Part-time Prisons) job (opens in a new window) [51]

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) [52]

Orthopaedic Interface Service Admin Lead

Bristol, BS39 7SB Salary: £26250.00 to £31500.00 Type: Permanent Employer: HCRG Care Group Apply now on NHS Jobs for Orthopaedic Interface Service Admin Lead job (opens in a new window) [53]

Band 6 Physiotherapist- Static Orthopaedics

Bristol, BS10 5NB Salary: £37338.00 to £44962.00 Type: Permanent Employer: North Bristol NHS Trust Apply now on NHS Jobs for Band 6 Physiotherapist- Static Orthopaedics job (opens in a new window) [54]

Lead Orthopaedic Scrub Theatre Practitioner

Birmingham, B15 2FQ Salary: Negotiable Type: Permanent Employer: HCA Healthcare UK Apply now on NHS Jobs for Lead Orthopaedic Scrub Theatre Practitioner job (opens in a new window) [55]

Senior Fellow in Pelvic & Acetabular Trauma Surgery

London, W2 1NY Salary: Negotiable Type: Fixed-Term Employer: Imperial College Healthcare NHS Trust <u>Apply now on NHS Jobs for Senior Fellow in Pelvic & Acetabular Trauma Surgery</u> job (opens in a new window) [56]

• Band 7 - Trauma Rehabilitation Coordinator, Inpatient Therapy

Watford, WD18 0HB Salary: £48270.00 to £54931.00 Type: Permanent Employer: West Hertfordshire Teaching Hospitals NHS Trust Apply now on NHS Jobs for Band 7 - Trauma Rehabilitation Coordinator, Inpatient Therapy job (opens in a new window) [57]

Theatre Practitioner - Opthalmics, Orthopaedics, ENT (Bank)

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Oxford, OX3 7RP
Salary:
£25.00 to £29.00
Type:
Bank
Employer:
Nuffield Health
Apply now on NHS Jobs for Theatre Practitioner - Opthalmics, Orthopaedics, ENT
(Bank) job (opens in a new window) [58]
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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

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

Other roles that may interest you

- Anaesthesia [68]
- Emergency medicine [69]
- Rheumatology [70]
- Sport and exercise medicine [71]

Source URL:<u>https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/surgery/trauma-and-orthopaedic-surgery?career=nursing&field_field_role=514&page=10</u>

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-orthopaedicsurgery/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-trainingrecruitment/medical-specialty-training [8] https://beta.jobs.nhs.uk/candidate/jobadvert/C9224-25-0136 [9] https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0498 [10] https://beta.jobs.nhs.uk/candidate/jobadvert/C9213-25-0601 [11] https://beta.jobs.nhs.uk/candidate/jobadvert/C9184-25-0968 [12] https://beta.jobs.nhs.uk/candidate/jobadvert/C9319-25-0588 [13] https://beta.jobs.nhs.uk/candidate/jobadvert/C9153-25-0693 [14] https://beta.jobs.nhs.uk/candidate/jobadvert/C9290-25-0345 [15] https://beta.jobs.nhs.uk/candidate/jobadvert/C0020-25-1000 [16] https://beta.jobs.nhs.uk/candidate/jobadvert/C9259-25-1364 [17] https://beta.jobs.nhs.uk/candidate/jobadvert/C9298-MED-763 [18] https://beta.jobs.nhs.uk/candidate/jobadvert/C9344-25-0613 [19] https://beta.jobs.nhs.uk/candidate/jobadvert/C9264-25-0251 [20] https://beta.jobs.nhs.uk/candidate/jobadvert/C9432-25-0736 [21] https://beta.jobs.nhs.uk/candidate/jobadvert/C9234-25-0317 [22] https://beta.jobs.nhs.uk/candidate/jobadvert/C9153-25-0688 [23] https://beta.jobs.nhs.uk/candidate/jobadvert/H9001-25-0342 [24] https://beta.jobs.nhs.uk/candidate/jobadvert/C9344-25-0651 [25] https://beta.jobs.nhs.uk/candidate/jobadvert/C9218-25-0736 [26] https://beta.jobs.nhs.uk/candidate/jobadvert/C9344-25-0648 [27] https://beta.jobs.nhs.uk/candidate/jobadvert/E0314-25-2223 [28] https://beta.jobs.nhs.uk/candidate/jobadvert/C9349-25-1615 [29] https://beta.jobs.nhs.uk/candidate/jobadvert/C9298-MED-772 [30] https://beta.jobs.nhs.uk/candidate/jobadvert/C9193-25-0447 [31] https://beta.jobs.nhs.uk/candidate/jobadvert/C9186-25-0728 [32] https://beta.jobs.nhs.uk/candidate/jobadvert/C9349-25-1860 [33] https://beta.jobs.nhs.uk/candidate/jobadvert/C9216-25-0740 [34] https://beta.jobs.nhs.uk/candidate/jobadvert/C9356-25-0574 [35]

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