

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 as 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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- **Healthcare Assistant - Trauma and Orthopaedics**

Liverpool, L9 7AL

Salary:

£24465.00

Type:

Permanent

Employer:

Liverpool University Hospitals NHS Foundation Trust

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

- **Healthcare Assistant - Trauma and Orthopaedics**

Liverpool, L9 7AL

Salary:

£24937.00 to £26598.00

Type:

Permanent

Employer:

Liverpool University Hospitals NHS Foundation Trust

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

- **Fellowship in Orthopaedic Trauma Surgery**

Brighton, BN2 5BE

Salary:

£54468.00 to £64288.00

Type:

Fixed-Term

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

[Apply now on NHS Jobs for Fellowship in Orthopaedic Trauma Surgery job \(opens in a new window\)](#) ^[10]

- **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)

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

- **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 \(opens in a new window\)](#) ^[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]

- **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 \(opens in a new window\)](#) ^[14]

- **Healthcare Support Worker - Trauma and Orthopaedics (Band 2)**

Steeton, BD20 6TD

Salary:

£24169.00

Type:

Permanent

Employer:

Airedale NHS Foundation Trust

[Apply now on NHS Jobs for Healthcare Support Worker - Trauma and Orthopaedics \(Band 2\) job \(opens in a new window\)](#) ^[15]

- **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 \(opens in a new window\)](#) ^[16]

- **Senior Clinical Fellow in Trauma and Orthopaedic /Spinal**

London, N19 5NF

Salary:

£65048.00 to £73992.00

Type:

Fixed-Term

Employer:

Whittington Hospital NHS Trust

[Apply now on NHS Jobs for Senior Clinical Fellow in Trauma and Orthopaedic /Spinal job \(opens in a new window\)](#) ^[17]

- **Patient Pathway Officer - Trauma and Orthopaedics Fracture clinic**

Basildon, SS16 5NL

Salary:

£24625.00

Type:

Fixed-Term

Employer:

Mid and South Essex NHS Foundation Trust

[Apply now on NHS Jobs for Patient Pathway Officer - Trauma and Orthopaedics Fracture clinic job \(opens in a new window\)](#) ^[18]

- **LED Trust CT3 in Trauma and Orthopaedic Surgery**

Aylesbury, HP21 8AL

Salary:

£65048.00

Type:

Fixed-Term

Employer:

Buckinghamshire Healthcare NHS Trust

[Apply now on NHS Jobs for LED Trust CT3 in Trauma and Orthopaedic Surgery job \(opens in a new window\)](#) ^[19]

- **Orthopaedic Trauma Co-Ordinator**

Norwich, NR4 7UY

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Norfolk and Norwich University Hospital

[Apply now on NHS Jobs for Orthopaedic Trauma Co-Ordinator job \(opens in a new window\)](#) ^[20]

- **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 \(opens in a new window\)](#) ^[21]

- **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 \(opens in a new window\)](#) ^[22]

- **Ward Manager - Trauma & Orthopaedics**

Liverpool, L9 7AL

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Liverpool University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Ward Manager - Trauma & Orthopaedics job \(opens in a new window\)](#) ^[23]

- **Consultant Trauma & Orthopaedics - Foot & Ankle**

NCA Wide, BL9 7TD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Northern Care Alliance NHS Foundation Trust

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

- **Trauma & Orthopaedics Plaster Room Practitioner**

Taunton, TA1 5DA

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Somerset NHS Foundation Trust

[Apply now on NHS Jobs for Trauma & Orthopaedics Plaster Room Practitioner job \(opens in a new window\)](#) ^[25]

- **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 \(opens in a new window\)](#) ^[26]

- **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 \(opens in a new window\)](#) ^[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]

- **Medical Secretary - Trauma & Orthopaedic (Band 3)**

Steeton, BD20 6TD

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Airedale NHS Foundation Trust

[Apply now on NHS Jobs for Medical Secretary - Trauma & Orthopaedic \(Band 3\) job \(opens in a new window\)](#) ^[29]

- **Clinical Fellow in Trauma & Orthopaedics (ST3)**

Ashford, TN24 0LZ

Salary:

£61825.00

Type:

Fixed-Term

Employer:

East Kent Hospitals University NHS Foundation Trust

[Apply now on NHS Jobs for Clinical Fellow in Trauma & Orthopaedics \(ST3\) job \(opens in a new window\)](#) ^[30]

- **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 \(opens in a new window\)](#) ^[31]

- **Medical Secretary - Trauma & Orthopaedic (Band 3)**

Steeton, BD20 6TD

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Airedale NHS Foundation Trust

[Apply now on NHS Jobs for Medical Secretary - Trauma & Orthopaedic \(Band 3\) job \(opens in a new window\)](#) ^[32]

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

Worcester, WR5 1DD

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Worcestershire Acute Hospitals NHS Trust

[Apply now on NHS Jobs for Clinical Specialist Occupational Therapist, Trauma & Orthopaedics job \(opens in a new window\)](#) ^[33]

- **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 \(opens in a new window\)](#) ^[34]

- **Junior Clinical Spinal Fellow (STRL) in Trauma & Orthopaedics**

Cardiff, CF14 4XW

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Cardiff and Vale University Health Board

[Apply now on NHS Jobs for Junior Clinical Spinal Fellow \(STRL\) in Trauma & Orthopaedics job \(opens in a new window\)](#) ^[35]

- **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 \(opens in a new window\)](#) ^[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]

- **Consultant Orthopaedic Revision Hip Surgeon**

Carlisle, CA2 7HY

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

North Cumbria Integrated Care NHS Foundation Trust

[Apply now on NHS Jobs for Consultant Orthopaedic Revision Hip Surgeon job \(opens in a new window\)](#) ^[38]

- **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 \(opens in a new window\)](#) ^[39]

- **Trauma Sister/Coordinator**

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 Trauma Sister/Coordinator 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]

- **Major Trauma Service Administrator**

London, W2 1NY

Salary:

£31944.00 to £34937.00

Type:

Permanent

Employer:

Imperial College Healthcare NHS Trust

[Apply now on NHS Jobs for Major Trauma Service Administrator job \(opens in a new window\)](#) ^[45]

- **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 \(opens in a new window\)](#) ^[46]

- **Senior Orthopaedic Practitioner**

Hereford, HR1 2ER

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Wye Valley NHS Trust

[Apply now on NHS Jobs for Senior Orthopaedic Practitioner job \(opens in a new window\)](#) ^[47]

- **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 \(opens in a new window\)](#) ^[48]

- **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 \(opens in a new window\)](#) ^[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]

- **Consultant Clinical Psychologist - Trauma Lead**

Pontypridd, CF37 1DZ

Salary:

£75405.00 to £86885.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

[Apply now on NHS Jobs for Consultant Clinical Psychologist - Trauma Lead job \(opens in a new window\)](#) ^[52]

- **Orthopaedic Clinical Administrative Officer**

Chesterfield, S44 5BL

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Chesterfield Royal Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Orthopaedic Clinical Administrative Officer job \(opens in a new window\)](#) ^[53]

- **Band 7 Orthopaedic Physiotherapist**

Broomfield, CM1 7ET

Salary:

£47810.00

Type:

Permanent

Employer:

Mid and South Essex NHS Foundation Trust

[Apply now on NHS Jobs for Band 7 Orthopaedic Physiotherapist job \(opens in a new window\)](#) ^[54]

- **Orthopaedic Theatre Scrub Practitioner**

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 Scrub Practitioner job \(opens in a new window\)](#) ^[55]

- **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 \(opens in a new window\)](#) ^[56]

- **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 \(opens in a new window\)](#) ^[57]

- **Orthopaedic Practitioner (Development Role)**

Carlisle, CA2 7HY

Salary:

£24625.00 to £29114.00

Type:

Permanent

Employer:

North Cumbria Integrated Care NHS Foundation Trust

[Apply now on NHS Jobs for Orthopaedic Practitioner \(Development Role \) job \(opens in a new window\)](#) ^[58]

- **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 \(opens in a new window\)](#) ^[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]

- **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 \(opens in a new window\)](#) ^[61]

- **Theatre Practitioner/RN - Orthopaedic Scrub**

Wrexham, LL13 7TD

Salary:

£30420.00 to £37030.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

[Apply now on NHS Jobs for Theatre Practitioner/RN - Orthopaedic Scrub 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:

Consultant Trauma and Orthopaedic Surgeon [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]

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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/C9287-25-1134> [9] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9287-25-1135> [10] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9279-25-1283> [11] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9387-25-1238> [12] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9230-25-0266> [13] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9290-25-0345> [14] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9269-25-0288> [15] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9423-25-0334> [16] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9269-25-0296> [17] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9220-25-0498> [18] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9390-25-1560> [19] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9434-25-0771> [20] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9234-25-0413> [21] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9423-25-0336> [22] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9427-25-0494> [23] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9287-25-1102> [24] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9236-25-1253> [25] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9184-25-1170> [26] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9425-25-0344> [27] <https://beta.jobs.nhs.uk/candidate/jobadvert/H9001-25-0550> [28] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9234-25-0397> [29] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9423-25-0318> [30] <https://beta.jobs.nhs.uk/candidate/jobadvert/C9344-25-0715> [31]

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