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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
- Live vacancies

Find a vacancy

Enter your location or postcode

Search

Locum Consultant Paediatric Trauma and Orthopaedic Surgeon

London, SW10 9NH

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Chelsea and Westminster Hospital NHS Foundation Trust

Apply now on NHS Jobs for Locum Consultant Paediatric Trauma and Orthopaedic

Surgeon job (opens in a new window) [8]

Physiotherapy Assistant - Trauma and Orthopaedics

Norwich, NR4 7UY

Salary:

£24169.00

Type:

Permanent

Employer:

Norfolk and Norwich University Hospital

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

Specialist Physiotherapist - Trauma and Orthopaedics

West Bromwich, B71 4HJ

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Sandwell and West Birmingham NHS Trust

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

General Manager - Trauma and Orthopaedics

Derby, DE22 3NE

Salary:

£74290.00 to £85601.00

Type:

Permanent

Employer:

University Hospitals of Derby and Burton NHS Foundation Trust Apply now on NHS Jobs for General Manager - Trauma and Orthopaedics job (opens in a new window) [11]

Healthcare Assistant - Trauma and Orthopaedics

Shrewsbury, SY3 8XQ

Salary:

£24169.00

Type:

Permanent

Employer:

The Shrewsbury and Telford Hospital NHS Trust

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

Outpatient Receptionist/Administrator Trauma and Orthopaedics

Bodelwyddan, LL18 5UJ

Salary:

£23970.00

Type:

Permanent

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Outpatient Receptionist/Administrator Trauma and Orthopaedics job (opens in a new window) [13]

Specialty Doctor in Trauma and Orthopaedics

Leeds, LS1 3EX

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Leeds Teaching Hospitals

Apply now on NHS Jobs for Specialty Doctor in Trauma and Orthopaedics job (opens in a new window) [14]

Consultant in Trauma and Orthopaedics (hip arthroplasty)

Colchester, CO4 5JL

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics (hip arthroplasty) 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]

Principal Therapist - Trauma and Orthopaedic Therapy Service Lead

Sandwell and West Birmingham, B66 2QT

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Sandwell and West Birmingham NHS Trust

Apply now on NHS Jobs for Principal Therapist - Trauma and Orthopaedic Therapy Service Lead job (opens in a new window) [17]

Trust Doctor (ST3 Equivalent) in Trauma and Orthopaedics

Truro, TR13LJ

Salary:

£55329.00

Type:

Fixed-Term

Employer:

Royal Cornwall Hospitals Trust

Apply now on NHS Jobs for Trust Doctor (ST3 Equivalent) in Trauma and Orthopaedics job (opens in a new window) [18]

Consultant in Trauma and Orthopaedics (knee revision surgery)

Colchester, CO4 5JL

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics (knee revision surgery) job (opens in a new window) [19]

Consultant in Trauma and Orthopaedics (Foot and Ankle Surgery)

Wakefield, WF14DG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics (Foot and Ankle Surgery) job (opens in a new window) [20]

Consultant in Trauma and Orthopaedics (Hand and Wrist Surgery)

Wakefield, WF14DG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics (Hand and Wrist Surgery) job (opens in a new window) [21]

Ward Clerk (Orthopaedic Trauma Unit)

Reading, RG1 5AN

Salary:

£24169.00

Type:

Permanent

Employer:

Royal Berkshire NHS Foundation Trust

Apply now on NHS Jobs for Ward Clerk (Orthopaedic Trauma Unit) job (opens in a new window) [22]

Senior Physiotherapist – Trauma & Orthopaedics

London, WC1E 6DB

Salary:

£44806.00 to £53134.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Physiotherapist – Trauma & Orthopaedics job

(opens in a new window) [23]

Senior Clinical Fellow in Orthopaedics

Sheffield, S5 7AU

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Sheffield Teaching Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Clinical Fellow in Orthopaedics job (opens in a new window) [24]

Lead Therapist (Inpatient Orthopaedics, Major Trauma and Amputees)

Sheffield, S5 7AU

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Sheffield Teaching Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Lead Therapist (Inpatient Orthopaedics, Major Trauma and Amputees) job (opens in a new window)</u> [25]

Clinical Teaching Fellow - Trauma & Orthopaedics

Cardiff, CF14 4YU

Salary:

£43821.00 to £68330.00

Type:

Fixed-Term

Employer:

Cardiff and Vale University Health Board

<u>Apply now on NHS Jobs for Clinical Teaching Fellow - Trauma & Orthopaedics job</u>

(opens in a new window) [26]

Senior Clinical Fellow - Trauma & Orthopaedics

Fulwood, PR2 9HT

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Lancashire Teaching Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Senior Clinical Fellow - Trauma & Orthopaedics job</u>

(opens in a new window) [27]

Senior Medical Secretary - Trauma & Orthopaedics

Stockport, SK2 7JE

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Stockport NHS Foundation Trust

Apply now on NHS Jobs for Senior Medical Secretary - Trauma & Orthopaedics job (opens in a new window) [28]

Senior Clinical Fellow in Orthopaedic Knee Surgery

Ipswich, IP4 5PD

Salary:

£70425.00

Type:

Fixed-Term

Employer:

East Suffolk and North Essex NHS Foundation Trust

Apply now on NHS Jobs for Senior Clinical Fellow in Orthopaedic Knee Surgery job (opens in a new window) [29]

Experienced Trauma/Orthopaedic Physiotherapist band 6

torquay, TQ27AA

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

<u>Apply now on NHS Jobs for Experienced Trauma/Orthopaedic Physiotherapist</u>

<u>band 6 job (opens in a new window)</u> [30]

General Manager – Trauma, Orthopaedics and Neurosurgery

London, W2 1NY

Salary:

£96340.00 to £109849.00

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for General Manager – Trauma, Orthopaedics and Neurosurgery job (opens in a new window) [31]

Team Lead Occupational Therapist – Trauma & Orthopaedics

London, WC1E 6DB

Salary:

£54320.00 to £60981.00

Type:

Fixed-Term

Employer:

University College London Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Team Lead Occupational Therapist – Trauma & Orthopaedics job (opens in a new window) [32]

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) [33]

Consultant Orthopaedic Surgeon

Cramlington, NE23 6NZ

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Northumbria Healthcare NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon job (opens in a new window) [34]

Locally Employed Doctor (ST3-8) in Trauma & Orthopaedics

Shrewsbury, SY3 8XQ

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

The Shrewsbury and Telford Hospital NHS Trust

Apply now on NHS Jobs for Locally Employed Doctor (ST3-8) in Trauma & Orthopaedics job (opens in a new window) [35]

Consultant Paediatric Orthopaedic Surgeon

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Consultant Paediatric Orthopaedic Surgeon job (opens in a new window) [36]

Orthopaedic Surgeon Hip & Knee

Sutton Coldfield, B75 5BL

Salary:

£7200.00

Type:

Bank

Employer:

Medinet Clinical Services Limited

Apply now on NHS Jobs for Orthopaedic Surgeon Hip & Knee job (opens in a new window) [37]

Consultant Orthopaedic Surgeon (Hip/Knee surgeon)

Torquay, TQ2 7SS

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon (Hip/Knee surgeon) job (opens in a new window) [38]

Consultant in Anaesthesia With an interest in ENT and Orthopaedics

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Consultant in Anaesthesia With an interest in ENT and Orthopaedics job (opens in a new window) [39]

Consultant in Trauma & Orthopaedics (lower limb knee/hip arthroplasty)

Ipswich, IP4 5PD

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics (lower limb

knee/hip arthroplasty) job (opens in a new window) [40]

Consultant Orthopaedic Surgeon (Hip & Paediatric)

Swansea, SA6 6NL

Salary:

£106000.00 to £154760.00

Type:

Permanent

Employer:

Swansea Bay University Health Board

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon (Hip & Paediatric) job (opens in a new window) [41]

Consultant Orthopaedic Surgeon (Foot & ankle)

Torquay, TQ2 7AA

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Torbay and South Devon NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon (Foot & ankle) job (opens in a new window) [42]

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) [43]

Consultant Orthopaedic Surgeon - Specialising in Soft Tissue Knee

Stoke on Trent, ST4 6QG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

University Hospital of North Midlands NHS Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon - Specialising in Soft Tissue Knee job (opens in a new window) [44]

Trauma and Rehabilitation Coordinator

Plaistow, E13 8SL

Salary:

£51883.00 to £58544.00

Type:

Permanent

Employer:

Barts Health NHS Trust

Apply now on NHS Jobs for Trauma and Rehabilitation Coordinator job (opens in a new window) [45]

Locum Consultant Orthopaedic Surgeon With An Interest In Spinal

Swansea, SA6 6NL

Salary:

£116600.00

Type:

Locum

Employer:

Swansea Bay University Health Board

Apply now on NHS Jobs for Locum Consultant Orthopaedic Surgeon With An Interest In Spinal job (opens in a new window) [46]

Consultant Orthopaedic Surgeon with special interest in Knee Surgery

Stockport, SK2 7JE

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Stockport NHS Foundation Trust

Apply now on NHS Jobs for Consultant Orthopaedic Surgeon with special interest in Knee Surgery job (opens in a new window) [47]

Locum Consultant in Trauma with an interest in Fragility Knee Trauma

Poole, BH15 2JB

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Locum Consultant in Trauma with an interest in Fragility Knee Trauma job (opens in a new window) [48]

Senior Clinical Fellow in Major Trauma and Emergency Medicine

Preston, PR2 9HT

Salary:

£61825.00

Type:

Fixed-Term

Employer:

Lancashire Teaching Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Senior Clinical Fellow in Major Trauma and Emergency Medicine job (opens in a new window) [49]

Major Trauma Network Manager

London, SE5 9RS

Salary:

£70386.00 to £80464.00

Type:

Permanent

Employer:

King's College Hospital NHS Foundation Trust

Apply now on NHS Jobs for Major Trauma Network Manager job (opens in a new window) [50]

Principal Clinician – Trauma Specialist

London, N1C 4AG

Salary:

£70387.00 to £80465.00

Type:

Permanent

Employer:

Tavistock and Portman NHS Foundation Trust

Apply now on NHS Jobs for Principal Clinician – Trauma Specialist job (opens in a new window) [51]

Lead orthopaedic practitioner

bedford, MK42 9DJ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Bedfordshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Lead orthopaedic practitioner job (opens in a new window) [52]

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) [53]

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) [54]

Orthopaedic Education Fellow

London, W2 1NY

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

Apply now on NHS Jobs for Orthopaedic Education Fellow job (opens in a new window) [55]

Specialist Physiotherapist - Orthopaedics

Epsom, KT18 7EG

Salary:

£42939.00 to £50697.00

Type:

Permanent

Employer:

Epsom and St Helier University Hospitals NHS Trust

Apply now on NHS Jobs for Specialist Physiotherapist - Orthopaedics job (opens in a new window) [56]

Specialist Physiotherapist - Orthopaedics

York, YO31 8HE

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

York and Scarborough Teaching Hospitals NHS Foundation Trust Apply now on NHS Jobs for Specialist Physiotherapist - Orthopaedics job (opens in a new window) [57]

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) [58]

Theatre Practitioner - Orthopaedics

Upton, CH49 5PE

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Wirral University Teaching Hospitals NHS Trust

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

Stepped Care and Trauma Lead

London, England, SE5 8AZ

Salary:

£70387.00 to £80465.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

Apply now on NHS Jobs for Stepped Care and Trauma Lead job (opens in a new window) [60]

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) [61]

Orthopaedic and Vascular Physiotherapist

Brighton, BN2 5BE

Salary:

£46148.00 to £52809.00

Type:

Fixed-Term

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

Apply now on NHS Jobs for Orthopaedic and Vascular Physiotherapist job (opens in a new window) [62]

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) [63]

Strategic Senior Buyer - Orthopaedics

Epsom, KT18 5AL

Salary:

Negotiable

Type:

Permanent

Employer:

Nuffield Health

Apply now on NHS Jobs for Strategic Senior Buyer - Orthopaedics job (opens in a new window) [64]

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 [65]

British Orthopaedic Trainees Association [66]

Future Orthopaedic Surgeons [67]

Joint Committee on Intercollegiate Examinations [68]

The Royal College of Surgeons of England [69]

The Royal College of Surgeons of Edinburgh [70]

Royal College of Physicians and Surgeons of Glasgow [71]

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

Consultant Trauma and Orthopaedic Surgeon [72]- Council member Royal College of Surgeons

<u>A career in trauma and orthopaedics</u> [73]- Alexander F Young, Benjamin C Caesar, Lee A David

Other roles that may interest you

- Anaesthesia [74]
- Emergency medicine [75]
- Rheumatology [76]
- Sport and exercise medicine [77]

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