

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

Enter your location or postcode

Show results within

Search

- **4258 - Therapy Assistant - Trauma and Orthopaedics**

Barnsley, S75 2EP

Salary:

£24071.00 to £25674.00

Type:

Fixed-Term

Employer:

Barnsley Hospital NHS Foundation Trust

[Apply now on NHS Jobs for 4258 - Therapy Assistant - Trauma and Orthopaedics job \(opens in a new window\)](#) ^[8]

- **Care Group Pharmacist - Trauma and Orthopaedics**

Southampton, SO16 6YD

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

University Hospital Southampton NHS Trust

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

- **Physician Associate in Trauma and Orthopaedics**

Tooting, SW17 0QT

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

St George's University Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Physician Associate in Trauma and Orthopaedics job \(opens in a new window\)](#) ^[10]

- **Locum Specialist Grade in Trauma and Orthopaedics**

Smethick, B66 2QT

Salary:

£96990.00 to £107155.00

Type:

Secondment

Employer:

Sandwell and West Birmingham NHS Trust

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

- **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 \(opens in a new window\)](#) ^[12]

- **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

[Apply now on NHS Jobs for Locum Trauma and Orthopaedic Consultant - Hand and Wrist job \(opens in a new window\)](#) ^[13]

- **Deputy Training Programme Director - Trauma and Orthopaedics (T&O)**

Cambridge, CB21 5XB

Salary:

Negotiable

Type:

Secondment

Employer:

NHS England

[Apply now on NHS Jobs for Deputy Training Programme Director - Trauma and Orthopaedics \(T&O\) job \(opens in a new window\)](#) ^[14]

- **Consultant in Orthopaedic and Trauma in Knee Surgery**

London, SE1 9RT

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Guy's and St Thomas' NHS Foundation Trust

[Apply now on NHS Jobs for Consultant in Orthopaedic and Trauma in Knee](#)

[Surgery job \(opens in a new window\)](#) ^[15]

- **Specialist Physiotherapist - Trauma & Orthopaedics**

Nuneaton, CV10 7DJ

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

George Eliot Hospital NHS Trust

[Apply now on NHS Jobs for Specialist Physiotherapist - Trauma & Orthopaedics](#)

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

- **Trainee ACP Trauma/Orthopaedics**

Stockport, SK27JE

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Stockport NHS Foundation Trust

[Apply now on NHS Jobs for Trainee ACP Trauma/Orthopaedics job \(opens in a new window\)](#) ^[17]

- **Specialist Physiotherapist- Trauma & Orthopaedics**

London, W2 1NY

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

Imperial College Healthcare NHS Trust

[Apply now on NHS Jobs for Specialist Physiotherapist- Trauma & Orthopaedics job \(opens in a new window\)](#) ^[18]

- **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 \(opens in a new window\)](#) ^[19]

- **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 \(opens in a new window\)](#) ^[20]

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

- **Paediatric Orthopaedics and Trauma Fellow**

London, E1 1FR

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Paediatric Orthopaedics and Trauma Fellow job \(opens in a new window\)](#) ^[22]

- **Trauma & Orthopaedics Plaster Room Trainee Practitioner**

Taunton, TA1 5DA

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Somerset NHS Foundation Trust

[Apply now on NHS Jobs for Trauma & Orthopaedics Plaster Room Trainee Practitioner job \(opens in a new window\)](#) ^[23]

- **Junior Clinical Fellow in Trauma & Orthopaedics**

Rotherham, S60 2UD

Salary:

£52656.00

Type:

Fixed-Term

Employer:

The Rotherham NHS Foundation Trust

[Apply now on NHS Jobs for Junior Clinical Fellow in Trauma & Orthopaedics job \(opens in a new window\)](#) ^[24]

- **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 \(opens in a new window\)](#) ^[25]

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

- **Consultant Orthopaedic Surgeon**

Torquay, TQ2 7AA

Salary:

£105504.00 to £139882.00

Type:

Fixed-Term

Employer:

Torbay and South Devon NHS Foundation Trust

[Apply now on NHS Jobs for Consultant Orthopaedic Surgeon job \(opens in a new window\)](#) ^[27]

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

Telford, TF1 6TF

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

The Shrewsbury and Telford Hospital NHS Trust

[Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics \(Upper Limb & Shoulder Surgery\) job \(opens in a new window\)](#) ^[28]

- **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 \(opens in a new window\)](#) ^[29]

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

Telford, TF1 6TF

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 \(opens in a new window\)](#) ^[30]

- **Locum Consultant Orthopaedic Surgeon**

Tooting, SW17 0QT

Salary:

£105504.00 to £139882.00

Type:

Locum

Employer:

St George's University Hospitals NHS Foundation Trust

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

- **Consultant Orthopaedic Surgeon (Shoulder & Elbow)**

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 \(Shoulder & Elbow\) job \(opens in a new window\)](#) ^[32]

- **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 \(opens in a new window\)](#) ^[33]

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

- **Consultant Orthopaedic and Oncology Surgeon**

Oswestry, SY10 7AG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust

[Apply now on NHS Jobs for Consultant Orthopaedic and Oncology Surgeon job \(opens in a new window\)](#) ^[35]

- **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 \(opens in a new window\)](#) ^[36]

- **Post CCT Lower Limb Fellow In Trauma and Orthopaedics**

London, E13 8SL

Salary:

£41750.00 to £64288.00

Type:

Fixed-Term

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Post CCT Lower Limb Fellow In Trauma and Orthopaedics job \(opens in a new window\)](#) ^[37]

- **Senior Trauma Fellow**

Nottingham, NG7 2UH

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Nottingham University Hospitals NHS Trusts

[Apply now on NHS Jobs for Senior Trauma Fellow job \(opens in a new window\)](#) ^[38]

- **Locum Trauma Consultant with an interest in Knee or Upper Limb 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 Trauma Consultant with an interest in Knee or Upper Limb Trauma job \(opens in a new window\)](#) ^[39]

- **Senior Physiotherapist Orthopaedics**

Goole, DN15 7BH

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Northern Lincolnshire and Goole NHS Foundation Trust

[Apply now on NHS Jobs for Senior Physiotherapist Orthopaedics job \(opens in a new window\)](#) ^[40]

- **Advanced Physiotherapist - Orthopaedics**

London, SE1 2PR

Salary:

Negotiable

Type:

Permanent

Employer:

HCA Healthcare UK

[Apply now on NHS Jobs for Advanced Physiotherapist - Orthopaedics job \(opens in a new window\)](#) ^[41]

- **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 \(opens in a new window\)](#) ^[42]

- **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 \(opens in a new window\)](#) ^[43]

- **Receptionist - Elective Orthopaedic Centre**

Colchester, CO4 5JL

Salary:

£24169.00

Type:

Fixed-Term

Employer:

East Suffolk and North Essex NHS Foundation Trust

[Apply now on NHS Jobs for Receptionist - Elective Orthopaedic Centre job \(opens in a new window\)](#) ^[44]

- **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 \(opens in a new window\)](#) ^[45]

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

- **Senior MSK/Orthopaedic Physiotherapist**

Chichester, PO19 8EL

Salary:

£40750.00 to £44750.00

Type:

Permanent

Employer:

Nuffield Health

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

- **Health Care Assistant - Orthopaedics**

Wirral, CH49 5PE

Salary:

£24169.00

Type:

Permanent

Employer:

Wirral University Teaching Hospitals NHS Trust

[Apply now on NHS Jobs for Health Care Assistant - Orthopaedics job \(opens in a new window\)](#) ^[48]

- **Orthopaedic Practitioner (Plaster Technician)**

Ashford, TN24 0LZ

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

[Apply now on NHS Jobs for Orthopaedic Practitioner \(Plaster Technician\) job \(opens in a new window\)](#) ^[49]

- **Deputy Team Leader, Trauma Theatres, LRI**

Leicester, LE1 5WW

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

University Hospitals of Leicester NHS Trust

[Apply now on NHS Jobs for Deputy Team Leader, Trauma Theatres, LRI job \(opens in a new window\)](#) ^[50]

- **Locally Employed Doctor - Major Trauma Service**

Birmingham, B15 2TH

Salary:

£49909.00

Type:

Fixed-Term

Employer:

University Hospitals Birmingham NHS Foundation Trust

[Apply now on NHS Jobs for Locally Employed Doctor - Major Trauma Service job \(opens in a new window\)](#) ^[51]

- **Trainee Orthopaedic Technician (Band 3)**

Keighley, BD20TD

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Airedale NHS Foundation Trust

[Apply now on NHS Jobs for Trainee Orthopaedic Technician \(Band 3\) job \(opens in a new window\)](#) ^[52]

- **Elective Orthopaedic Theatre Team Leader**

Wakefield, WF1 4DG

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

The Mid Yorkshire Teaching NHS Trust

[Apply now on NHS Jobs for Elective Orthopaedic Theatre Team Leader job \(opens in a new window\)](#) ^[53]

- **Occupational Therapy Team Lead - Orthopaedics**

Bath, BA2 3NG

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

[Apply now on NHS Jobs for Occupational Therapy Team Lead - Orthopaedics job \(opens in a new window\)](#) ^[54]

- **Physiotherapy Associate Practitioner, Orthopaedic Team**

Chichester, PO19 6SE

Salary:

Negotiable

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

[Apply now on NHS Jobs for Physiotherapy Associate Practitioner, Orthopaedic Team job \(opens in a new window\)](#) ^[55]

- **Paediatric Advanced Clinical Practitioner, Orthopaedic**

Coventry, CV2 2DX

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

[Apply now on NHS Jobs for Paediatric Advanced Clinical Practitioner, Orthopaedic job \(opens in a new window\)](#) ^[56]

- **Therapeutic Practice Lead - Complex Mental Health & Trauma**

Hull, HU8 8HP

Salary:

£35000.00 to £45000.00

Type:

Permanent

Employer:

Innovations in Care Ltd

[Apply now on NHS Jobs for Therapeutic Practice Lead - Complex Mental Health & Trauma job \(opens in a new window\)](#) ^[57]

- **Theatre Practitioner - Ophthalmics, Orthopaedics, ENT (Bank)**

Oxford, OX3 7RP

Salary:

£25.00 to £29.00

Type:

Bank

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner - Ophthalmics, Orthopaedics, ENT \(Bank\) job \(opens in a new window\)](#) ^[58]

- **Theatre Practitioner - Ophthalmics, Orthopaedics, ENT (Bank)**

Oxford, OX3 7RP

Salary:

Negotiable

Type:

Bank

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner - Ophthalmics, Orthopaedics, ENT \(Bank\) job \(opens in a new window\)](#) ^[59]

- **Theatre Practitioner - Ophthalmics, Orthopaedics, ENT (Bank)**

Oxford, OX3 7RP

Salary:

Negotiable

Type:

Bank

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner - Ophthalmics, Orthopaedics, ENT \(Bank\) job \(opens in a new window\)](#) ^[60]

- **Theatre Practitioner - Ophthalmics, Orthopaedics, ENT (Bank)**

Oxford, OX3 7RP

Salary:

£29.00 to £29.00

Type:

Bank

Employer:

Nuffield Health

[Apply now on NHS Jobs for Theatre Practitioner - Ophthalmics, Orthopaedics, ENT \(Bank\) job \(opens in a new window\)](#) ^[61]

- **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](#) ^[62]

[British Orthopaedic Trainees Association](#) ^[63]

[Future Orthopaedic Surgeons](#) ^[64]

[Joint Committee on Intercollegiate Examinations](#) ^[65]

[The Royal College of Surgeons of England](#) ^[66]

[The Royal College of Surgeons of Edinburgh](#) ^[67]

[Royal College of Physicians and Surgeons of Glasgow](#) ^[68]

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

[Consultant Trauma and Orthopaedic Surgeon](#) ^[69]- Council member Royal College of Surgeons

[A career in trauma and orthopaedics](#) ^[70]- Alexander F Young, Benjamin C Caesar, Lee A David

Other roles that may interest you

- [Anaesthesia](#) ^[71]
- [Emergency medicine](#) ^[72]
- [Rheumatology](#) ^[73]

- Sport and exercise medicine [74]

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