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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

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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]

Specialist Physiotherapist - Trauma and Orthopaedics

West Bromwich, B71 4HJ

Salary:

£38682.00 to £46580.00

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) [9]

Consultant in Trauma and Orthopaedics

St Helier, JE1 3QS

Salary:

£114667.80 to £170947.54

Type:

Permanent

Employer:

Health and Community Services

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

Consultant in Trauma and Orthopaedics - Hand and Wrist Surgeon

Rotherham, S60 2UD

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

The Rotherham NHS Foundation Trust

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics - Hand and Wrist Surgeon job (opens in a new window) [11]

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) [12]

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) [13]

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>

[14]

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) [15]

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) [16]

Senior Clinical Fellow in Paediatric Trauma and Orthopaedics

Cambridge, CB2 0QQ

Salary:

£75849.00

Type:

Fixed-Term

Employer:

Cambridge University Hospital NHS Foundation Trust

<u>Apply now on NHS Jobs for Senior Clinical Fellow in Paediatric Trauma and</u>

Orthopaedics job (opens in a new window) [17]

Consultant in Trauma and Orthopaedics with interest in Hands

Newport, NP20 2UB

Salary:

£110240.00 to £160951.00

Type:

Permanent

Employer:

Aneurin Bevan University Health Board

Apply now on NHS Jobs for Consultant in Trauma and Orthopaedics with interest in Hands job (opens in a new window) [18]

CONSULTANT IN ORTHOPAEDIC TRAUMA SURGERY PELVIC AND ACETABULAR SURGERY

Oxford, OX3 9DU

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

Oxford University Hospitals NHS Foundation Trust

Apply now on NHS Jobs for CONSULTANT IN ORTHOPAEDIC TRAUMA

SURGERY PELVIC AND ACETABULAR SURGERY job (opens in a new window)

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) [20]

Theatre Practitioner - Orthopaedic Trauma Theatres

Poole, BH15 2JB

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

University Hospitals Dorset NHS Foundation Trust

Apply now on NHS Jobs for Theatre Practitioner - Orthopaedic Trauma Theatres
job (opens in a new window) [21]

Occupational Therapist - Trauma & Orthopaedics

Margate, CT9 4AN

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

East Kent Hospitals University NHS Foundation Trust

<u>Apply now on NHS Jobs for Occupational Therapist - Trauma & Orthopaedics job</u>

(opens in a new window) [22]

Consultant in Trauma & Orthopaedics

Llantrisant, CF72 8XR

Salary:

£110240.00 to £160951.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

<u>Apply now on NHS Jobs for Consultant in Trauma & Orthopaedics job (opens in a new window)</u> [23]

Service Manager- Trauma & Orthopaedics

York, YO31 8HE

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

York and Scarborough Teaching Hospitals NHS Foundation Trust Apply now on NHS Jobs for Service Manager- Trauma & Orthopaedics job (opens in a new window) [24]

Occupational Therapist - Elderly Team and Orthopaedics

Kings Lynn, PE30 4ET

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

The Queen Elizabeth Hospital King's Lynn NHSFT

Apply now on NHS Jobs for Occupational Therapist - Elderly Team and

Orthopaedics job (opens in a new window) [25]

Senior Clinical Pharmacist - Trauma & Orthopaedics

Cramlington, NE23 6NZ

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

Northumbria Healthcare NHS Foundation Trust

Apply now on NHS Jobs for Senior Clinical Pharmacist - Trauma & Orthopaedics job (opens in a new window) [26]

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) [27]

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) [28]

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) [29]

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) [30]

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) [31]

Consultant Trauma & Orthopaedics Specialy Interest in Lower Limb

Romford, RM7 0AG

Salary:

Negotiable

Type:

Fixed-Term

Employer:

Barking, Havering and Redbridge University Hospitals NHS Trust

Apply now on NHS Jobs for Consultant Trauma & Orthopaedics Specialy Interest in

Lower Limb job (opens in a new window) [32]

Locum Paediatric Orthopaedic Surgeon

Tooting, SW17 0QT

Salary:

£109725.00 to £145478.00

Type:

Locum

Employer:

St George's University Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Locum Paediatric Orthopaedic Surgeon job (opens in a new window) [33]

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) [34]

Trauma and Wellbeing Practitioner

Exeter, EX2 5AZ

Salary:

£31049.00 to £33487.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

Apply now on NHS Jobs for Trauma and Wellbeing Practitioner job (opens in a new window) [35]

o 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>

[36]

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>
(opens in a new window) [37]

Deputy Ward Manager, Trauma and Orthpaedic

Llantrisant, CF728XR

Salary:

£39263.00 to £47280.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

Apply now on NHS Jobs for Deputy Ward Manager, Trauma and Orthpaedic job (opens in a new window) [38]

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) [39]

Orthopaedic Physiotherapist

King's Lynn, PE30 4ET

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

The Queen Elizabeth Hospital King's Lynn NHSFT

Apply now on NHS Jobs for Orthopaedic Physiotherapist job (opens in a new window) [40]

Major Trauma Practitioner

Cambridge, CB2 0QQ

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Cambridge University Hospital NHS Foundation Trust

<u>Apply now on NHS Jobs for Major Trauma Practitioner job (opens in a new window) [41]</u>

Technical Instructor - Orthopaedics

Wrexham, LL14 7TD

Salary:

£27898.00 to £30615.00

Type:

Fixed-Term

Employer:

Betsi Cadwaladr University Health Board

Apply now on NHS Jobs for Technical Instructor - Orthopaedics job (opens in a new window) [42]

Orthopaedic Knee Fellow

Basingstoke, RG24 9NA

Salary:

£61825.00 to £70425.00

Type:

Fixed-Term

Employer:

Hampshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Orthopaedic Knee Fellow job (opens in a new window)

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) [44]

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) [45]

Orthopaedic Team Leader - Theatres

Bristol, BS6 6UT

Salary:

Negotiable

Type:

Permanent

Employer:

Spire Healthcare Ltd

Apply now on NHS Jobs for Orthopaedic Team Leader - Theatres job (opens in a new window) [46]

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) [47]

Paediatric Orthopaedic/Rheumatology Physiotherapist

Truro, TR1 3LJ

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Royal Cornwall Hospitals Trust

Apply now on NHS Jobs for Paediatric Orthopaedic/Rheumatology Physiotherapist job (opens in a new window) [48]

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) [49]

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) [50]

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) [51]

Child and Family Trauma Therapist

Bradford, BD1 4QU

Salary:

£34511.00 to £38000.00

Type:

Fixed-Term

Employer:

Family Action

Apply now on NHS Jobs for Child and Family Trauma Therapist job (opens in a new window) [52]

Specialty Doctor Orthopaedic (Upper Limb)

Newport, PO30 5TG

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

Isle of Wight NHS Trust

Apply now on NHS Jobs for Specialty Doctor Orthopaedic (Upper Limb) job (opens in a new window) [53]

Rotational Orthopaedic Band 6 Physiotherapist

Cosham, PO6 3LY

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Portsmouth Hospitals University NHS Trust

Apply now on NHS Jobs for Rotational Orthopaedic Band 6 Physiotherapist job (opens in a new window) [54]

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) [55]

Orthopaedic Occupational Therapy Assistant Practitioner

London, SE13 6LH

Salary:

£27485.00 to £30162.00

Type:

Fixed-Term

Employer:

Lewisham and Greenwich NHS Trust

Apply now on NHS Jobs for Orthopaedic Occupational Therapy Assistant Practitioner job (opens in a new window) [56]

o 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) [57]

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) [58]

Consultant T&O – Pelvic and Acetabular Trauma

Brighton and Hove, BN2 5BE

Salary:

£109725.00 to £145478.00

Type:

Permanent

Employer:

University Hospitals Sussex NHS Foundation Trust (279)

Apply now on NHS Jobs for Consultant T&O – Pelvic and Acetabular Trauma 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 -</u>

Orthoapedic and Trauma job (opens in a new window) [61]

Band 7 Clinical Specialist Occupational Therapist - Orthopaedics

Gorleston, NR31 6LA

Salary:

£47810.00 to £54710.00

Type:

Secondment

Employer:

James Paget University Hospitals NHS Foundation Trust

<u>Apply now on NHS Jobs for Band 7 Clinical Specialist Occupational Therapist -</u>

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

Hampshire Orthopaedic Centre Theatre Porter/ General Assistant

Winchester, SO22 5DG

Salary:

£24465.00

Type:

Permanent

Employer:

Hampshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Hampshire Orthopaedic Centre Theatre Porter/

General Assistant job (opens in a new window) [63]

o Deputy Team Leader - Orthopaedics Scrub, Theatres Ashford

Ashford, TW15 3AA

Salary:

£40617.00 to £48778.00

Type:

Permanent

Employer:

Ashford & St. Peter's Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Deputy Team Leader - Orthopaedics Scrub, Theatres

Ashford 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]
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- Sport and exercise medicine [77]

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