



Cambridge
Trauma and Orthopaedic
Club

PROGRAMME

43RD ANNUAL MEETING
FRIDAY, 4TH OF JULY 2025



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CTOC 43



The Cambridge Trauma and Orthopaedic Club (CTOC) welcomes you to our annual meeting on 4th of July 2025, at the Imperial War Museum Duxford, Cambridge.

The Cambridge Orthopaedic Club was formed in 1982 to provide an academic and social meeting for past and present trainers and trainees across the region. The meeting has undergone considerable evolution over the years, both in terms of its content and attendance. The club covers the largest training rotation in the country and includes all subspecialties within trauma and orthopaedics and hence attracts consultants and registrars like yourself with a broad scope of specialist interests.

This year's CTOC promises to surpass all expectations with six excellent keynote speakers, updates from around the region and presentations from our fantastic trainees. The Imperial War Museum, Duxford is an ideal venue for today's Academic meeting with modern facilities, free parking and a rich history which we hope you will enjoy during your guided tour.

The annual dinner will be held at the prestigious St John's College, Cambridge. This historic establishment was founded in 1511 by Lady Margaret Beaufort, mother of King Henry VII. It is now Internationally recognised as an institution for academic excellence with many notable alumni.

Secretary; Miss. Kriti Singhania, President; Mr Malin Wijeratna and Academic Chair; Prof Khanduja, along with the team have put together an excellent academic and social programme and we look forward to seeing you throughout the day.

ABOUT CTOC AND EOE

CTOC

The Cambridge Orthopaedic Club was formed in 1982. The primary aim of the Cambridge Orthopaedic Club was to provide an opportunity for past and present trainers and trainees to meet together annually for both an academic and social meeting.

The inaugural meeting of the Cambridge Orthopaedic Club was in the University Graduate Centre in 1982, with Alan Murley as president. Since then the Cambridge Trauma Orthopaedic Club has expanded and members now include past and present trainees, as well as trainers.



Cambridge
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EAST OF ENGLAND T&O



The East of England training rotation now covers the largest region in the country, both geographically, and with the largest number of registrars. We cover Addenbrookes (Cambridge), Norfolk and Norwich University Hospital, West Suffolk Hospital (Bury St Edmunds), Ipswich, Colchester, Chelmsford, Southend-on-sea, Luton, Bedford, Peterborough, Kings Lynn, James Paget University Hospital (Great Yarmouth), Basildon, Harlow and Lister Hospital (Stevenage) with more hospitals due to join in October.

This annual CTOC conference is attended by consultants and registrars with a broad scope of specialist interests and exposure within Trauma and Orthopaedics welcoming a diverse community from across our region.

CTOC 43 COMMITTEE



MR MALIN WIJERATNA
CTOC 43 President
Northampton Hospital

Malin Wijeratna is a highly respected shoulder and elbow specialist with extensive clinical, research, and teaching experience. He bridges advanced surgical techniques with compassionate patient care and is recognized for excellence both by peers and patients.

Mr Wijeratna was trained on the East of England rotation between 2007 and 2013. After this, he undertook two fellowships in shoulder and elbow surgery in Melbourne, Australia and returned to a Trauma Fellowship in Southampton. He was appointed as a Consultant in Nottingham in 2014 and after 7 years working in a tertiary referral centre, he moved to Northampton so that he could have a more diverse practice.

Mr Wijeratna is passionate about teaching the next generation of surgeons and has chaired and participated as faculty on advanced shoulder arthroplasty techniques for many years. He also offers a Fellowship that allows senior trainees to spread their wings and prepares them well for a Consultant post.



PROF VIKAS KHANDUJA
CTOC 43 Academic Lead
Addenbrookes Hospital

Vikas Khanduja is a Consultant Orthopaedic Surgeon specialising in hip and knee surgery and has a particular interest in arthroscopic surgery of the hip. He has been instrumental in setting up & developing the tertiary referral service for Young Adult Hip Surgery in Cambridge. Complementing his clinical practice, his research interests centre around disease stratification of FAI using novel imaging techniques, better pre-operative planning tools using dynamic analysis and optimisation of arthroscopic management of FAI via precision surgery to improve outcomes. He has authored over 300 peer reviewed articles and three books. He is also the Affiliate Associate Professor at University of Cambridge and leads the Cambridge Young Adult Hip Research Group which is a multidisciplinary group of clinicians, physiotherapists and engineers with a focus on improving outcomes of young adults with hip pathology using technology.

Vikas is the recipient of the Hunterian Professor Award by the Royal College of Surgeons in England, the American and British Hip Society Travelling Fellowship in 2011, the Arnott Medal presented by the Royal College of Surgeons of England in 2013 and the Insall Fellowship presented by the American Knee Society and Insall Foundation in 2014. Vikas sits on the Board of Directors for SICOT as the President, the British Hip Society as the Past President, ESSKA-EHPA and is on the Board of ISHA and BOA. He is also the Associate Editor in Chief to JISAKOS and the past Chair & current Trustee to the Non Arthroplasty Hip Registry (NAHR) and has been appointed Visiting Professor to the University of Ghent.

vikas.khanduja@nhs.net

CTOC 43 COMMITTEE



MISS KRITI SINGHANIA

CTOC 43 Secretary



MS FRANCESCA HILL

Industry Liaison



MISS SANDRA O'MALLEY

Communications Officer



MR GEETH SILVA

Treasurer



MR SUMON SALMAN HUQ

Mentoring Fellow



MR NICK JUDKINS

Trainee Representative

A WORD FROM THE SECRETARY



Hello Everyone,

On behalf of the CTOC Committee I would personally like to welcome you all to CTOC 2025! We have a fantastic academic programme lined up for you today; with internationally renowned keynote speakers, an update from our very own BOA President, key tips on how better to manage our finances and a reminder of the health impact of radiation exposure and how we can better protect ourselves (don't forget to collect your free thyroid guard and consider purchasing your own mammo-shield at a discounted rate)!. We will also be receiving an update from our trainee and BOTA representative, deputy director of education, our East of England research collaborative network - ORCA and our very own TPD prior to him handing over the reigns. However, fear not as we will hear some final words of wisdom from him later in the day as he delivers the prestigious "Bernard Meggitt" lecture.

However, CTOC would not be CTOC without its amazing trainee representation and we cannot wait for you all to hear and see the fantastic high quality and diverse academic work from across the region or maybe some of you will represent your hospital in our new East of England deanery challenge later today!

Now as if the above wasn't enough, not only will your breaks be filled with unlimited tea, coffee, sweet treats and a hot and cold buffet lunch; you will get the chance to go on an inclusive exclusive guided tour of the historic Imperial War Museum and for those of you not registered you still have entry to the museum and the chance to board one of the planes at your own leisure - pretty cool! Also, remember to say hi to our industry sponsors, without whom today's event would not be possible! They have brought exciting innovative kit for you all to play with and it is your chance to ask them anything you have always wanted to know the answer to, also some of them may even have a little competition lined up so bring your A-game! A few of you may even be in with a chance to win a prize in our industry raffle; so don't forget to get your 12 stickers on your card before the end of the day!

I really do hope that you all leave today feeling that the meeting has been enjoyable, educational and thought provoking and for those of you carrying on the CTOC tradition we look forward to seeing you at St John's College for canapés, drinks, a 3-course candle lit dinner, entertainment and so much more! Don't forget to turn up to Jesus Green at your allocated time slot so that you can be chauffeured by punt on the beautiful River Cam to your destination or for those of you not so eager on floating, we will see you at 18:30 on the lawn for the evening festivities to begin!

Finally, I would like to say that it has been my absolute honour to be elected your 2025 CTOC Secretary and put this meeting together with the help of the fantastic committee. Having been an East of England Trainee myself, on many educational committees from the JCIE to ISCP and representing trainees for several years on both ASiT and BOTA; organising CTOC has definitely been one of my proudest moments and one that I will cherish forever. The East of England deanery is so much more than a training programme but is really a community and family and as I go off on my TiG fellowship, I do hope that you all remain in touch and that I can continue coming to this fantastic meeting as an alumni :)

So please enjoy your day, make the most of all that is on offer and let us know if there is anything that we can help or do to make this meeting one to remember!

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Kriti Singhania'.

Miss Kriti Singhania
CTOC Secretary 2025

THE SPEAKERS



PROF GREG HOY

Upper limb and sports surgeon
Monash University,
Melbourne, Australia



MR ANISH SANGHRAJKA

Specialist paediatric surgeon
East of England Training
Programme Director



PROF ELIZAVETA KON

Specialist regenerative Knee surgeon,
Humanitas Research
Hospital, Italy. President ICRS



MR MARK BOWDITCH

Specialist Knee surgeon,
Ipswich Hospital BOA
President 24-25



**DR PARAKRAMA
DHARMARATNE**

Trauma and sports specialist
National Hospital
Sri Lanka



**RORY UNDERWOOD
MBE, DL**

Retired International rugby
player and RAF pilot,
motivational speaker



PROFESSOR
GREG HOY

Based in Melbourne, Australia Prof. Hoy has been at the forefront of advancements in shoulder and elbow surgery.

He holds dual fellowships with the Royal Australasian College of Surgeons (FRACS) and the Australasian College of Sports Physicians (FACSP).

Born and educated in Melbourne, Prof Hoy completed his medical degree at Monash University. Following his orthopaedic training, he pursued advanced fellowships in Australia and internationally, including at the Nuffield Orthopaedic Centre in Oxford and Wrightington Hospital in the UK. In 1993, he joined the Melbourne Orthopaedic Group, where he continues to practice as a specialist in upper limb surgery.

Prof Hoy's clinical interests encompass a wide range of upper limb conditions, with particular emphasis on arthroscopic and reconstructive procedures. He has a strong focus on sports-related injuries and maintains affiliations with several elite sports organizations, including the Australian Institute of Sport (AIS), Victorian Institute of Sport (VIS), Melbourne Storm (NRL), Australian Basketball Team, Athletics Australia, and various AFL teams in Victoria.



DR PARAKRAMA
DHARMARATNE

Dr. Parakrama Dharmaratne is a Consultant Orthopaedic and Sports Surgeon based in Sri Lanka, renowned for his expertise in shoulder and knee surgeries. He serves at the National Hospital of Sri Lanka (NHSL) and holds consulting positions at several leading private hospitals.

Dr. Dharmaratne's academic credentials include an MD in Orthopaedics, complemented by advanced fellowships in shoulder and sports surgery undertaken in New Zealand and South Africa. His international training has equipped him with cutting-edge techniques in minimally invasive and arthroscopic procedures.

Beyond his clinical practice, Dr. Dharmaratne contributes to the academic community as a member of the editorial board for the Sri Lankan Journal of Orthopaedic Surgery. He is also affiliated with the University of Nice in France and the Cape Shoulder Institute in South Africa, reflecting his commitment to global collaboration in orthopaedic research and education.

His dedication to patient care, academic excellence, and international collaboration underscores his prominent role in advancing orthopaedic surgery in Sri Lanka and beyond.



MR MARK
BOWDITCH

Mr Bowditch is a highly respected Consultant Orthopaedic Surgeon within our region, bringing a wealth of clinical and leadership experience to our community. Throughout his career, he has demonstrated an exceptional commitment to surgical excellence, education, and service development.

In addition to his clinical work, in 2024, Mr Bowditch was appointed President of the British Orthopaedic Association (BOA), recognising his outstanding contributions to the speciality and his national influence. In this role, he has been actively involved in shaping policy, improving training frameworks, and representing the profession on key issues affecting orthopaedic practice across the UK.

Mr Bowditch brings not only clinical and academic expertise but also invaluable insight into the future direction of orthopaedic surgery and training. His visit represents a unique opportunity for both trainees and consultant colleagues to engage in meaningful discussion about the direction of our speciality, with a focus on what this means for us locally within our deanery.



PROFESSOR
ELIZAVETA KON

Dr. Elizaveta Kon is a prominent orthopaedic surgeon and expert in cartilage regeneration, knee preservation, and regenerative medicine. She is President of the International Cartilage Regeneration and Joint Preservation Society (ICRS) and Associate Professor of Orthopaedic Surgery at Humanitas University in Milan, Italy.

At Humanitas Research Hospital, Dr. Kon leads the Translational Orthopaedics Unit and oversees the Master's program in "Regenerative Medicine in Orthopaedics." She previously held academic positions at Sechenov University in Moscow and the University of Bologna.

Dr. Kon's work has been widely recognized, earning her the Biologic Association Research Award (2021) and multiple honors from ICRS World Congresses.

She plays a key role in several international medical societies, including ESSKA, SIGASCOT, and SIAGASCOT, where she currently serves as 2nd Vice President.

Her pioneering research continues to drive advancements in joint preservation and regenerative treatment strategies globally.



RORY UNDERWOOD
MBE DL

Rory Underwood, MBE DL, is a renowned figure celebrated for his exceptional leadership across sports, military, and business sectors. As England's record-holding rugby union try scorer, he earned 85 caps and scored 49 tries between 1984 and 1996, representing both England and the British & Irish Lions. Concurrently, he served as a Royal Air Force pilot for 18 years, accumulating over 3,000 flight hours on various aircraft, including the Tornado and Canberra. During his RAF tenure, he introduced Crew Resource Management (CRM) training, enhancing teamwork and decision-making under pressure.

Underwood founded Wingman Ltd, a consultancy that leverages his extensive experience to advise businesses on leadership, strategy, and team performance. He developed the LIFT methodology, focusing on aligning values, motivation, and trust to foster high-performance teams.

His multifaceted career underscores his ability to translate high-performance principles across diverse domains, inspiring excellence in teams and organizations worldwide.



MR ANISH
SANGHRAJKA

This year, the Bernard Meggitt Lecture will be delivered by Mr Anish Sanghrajka, Consultant Paediatric Orthopaedic Surgeon.

Mr Sanghrajka has been recognized for his outstanding contributions not only to paediatric orthopaedics within the region but for his dedication to training and medical education.

He was awarded 'Trainer of the Year' award in 2018 by the East of England Deanery and went on to serve as the region's Training Programme Director playing a critical leadership role in shaping the next generation of orthopaedic surgeons.

His ability to translate challenging concepts into practical, meaningful lessons has had a lasting impact on those fortunate enough to train under him.

We look forward to hearing his perspectives on the future of orthopaedic training, the evolving role of the surgeon-educator, and how we as trainees can navigate the demands of modern surgical practice and wish him all the best in his future endeavours at Great Ormond Street Hospital.

PROGRAMME

08:00 - 08:15

Delegate registration

08:15 - 08:25

Welcome and Introduction
MR VIKAS KHANDUJA & MISS KRITI SINGHANIA

08:25 - 08:30

President's Welcome
MR MALIN WIJERATNA

08:30 - 09:00

Free Papers - Session 1
5 papers, each with 1 minute discussion. Abstracts page 13

09:00 - 09:30

Free Papers - Session 2
5 papers, each with 1 minute discussion. Abstracts page 13

09:30 - 10:00

Prof Greg Hoy, Melbourne, Australia
SURGERY IN MEDIA AND SPORTS HEROES: WHATS THE EXPECTATION?

10:00 - 10:05

Rothband
REDUCING RADIATION

10:05 - 10:30

Coffee Break
POSTER VIEWING AND INDUSTRY INTERACTION

10:30 - 11:00

Free Papers - Session 3
5 papers, each with 1 minute discussion. Abstracts page 13

11:00 - 11:30

Dr. Parakrama Dharmaratne, Sri Lanka
ORTHOPAEDIC TRAUMA IN A DEVELOPING COUNTRY

11:30 - 11:45

JAM Session
10 papers; 1 minute, 1 slide, 1 question each. Abstracts page 14

11:45 - 12:15

Mr Mark Bowditch, Ipswich
EOE TO BOA LEADERSHIP LESSONS: MY TIME. YOU NEXT?

12:15 - 12:25

Finessing Your Finances
MR LASITHA WIJERATNA

12:25 - 13:45

**Lunch, Poster Viewing, Industry Interaction
and Guided tour of Duxford Museum**

PROGRAMME

13:45 - 13:55

TPD Update

MR ANISH SANGHRAJKA & MISS LORA YOUNG

13:55 - 14:00

ORCA Update

MR GEORGE HOURTSON

14:00 - 14:10

Trainee Update

MR NICK JUDKINS & MR SEB HO

14:10 - 14:20

EOE Education Update

MR CHARLIE HOWELL

14:20 - 14:50

Prof Elizaveta Kon, Italy

ALL YOU WANTED TO KNOW ABOUT ARTICULAR CARTILAGE

14:50 - 15:10

Coffee Break

POSTER VIEWING AND INDUSTRY INTERACTION

15:00 - 15:30

East of England Deanery Challenge

MISS KRITI SINGHANIA

15:30 - 16:00

Mr Rory Underwood MBE, DL

ENGLANDS GREATEST INTERNATIONAL TRY SCORER AND RAF PILOT -
LESSONS LEARNT

16:00 - 16:30

Mr Anish Sanghrajka

THE 'BERNARD MEGGITT LECTURE'

16:30 - 16:40

Prizes

PROF VIKAS KHANDUJA - CAMBRIDGE

16:40 - 17:00

Closure

PROF VIKAS KHANDUJA - CAMBRIDGE

MISS KRITI SINGHANIA - CAMBRIDGE

18:30

CTOC Dinner - St John's College

TRAINEE PRESENTATIONS

Free Papers

5 minutes presentation with 1 minute discussion

Session 1

1	LLMs vs. Scrub Assistants: Who Knows Distal Radius Plating Best?	Vivek Sharma
3	A decade of operative calcaneal fracture management at a University hospital: Demographic and Radiographic trends from NNUH	Jose Austine
4	Metastatic bone disease – is our care much to BOAST about?	Rahul Geetala
2	Thermal Effects of Burr and Saw Cutting Tools in Total Knee Arthroplasty	Vivek Sharma
5	Lateral condyle fractures of the humerus in children- busting the 6 week myth	Rashida Begum

Session 2

1	Outcomes following scaphoid prosthetic arthroplasty: A systematic review	George Hourston
2	The functional ultrasound assessment of distance between the flexor pollicis longus tendon and watershed line of the distal radius demonstrates variability amongst healthy participants.	Jonathan Cormack
3	Functional Outcomes of Anatomic Total Shoulder Arthroplasty in Patients Over 60.	Joshua Nadimi
4	Mid-term clinical and radiological outcomes following bone graft for glenoid bone loss in navigated reverse shoulder arthroplasty (RSA)	Nichola McLaughlin
5	Are two screws better than one? A systematic review of the literature of two-screw fixation of scaphoid fractures.	George Hourston

Session 3

1	Adoption of novel diagnostic testing in periprosthetic joint infection; a regional ORCA collaborative study	Madeline Warren
2	Periprosthetic Distal Femur Fractures – Comparison of Treatment Options and Outcomes.	Sai Grandhi
3	Population-based Prevalence of Femoroacetabular Impingement: a Systematic Review and Meta-analysis	Ignatius Liew
4	Who Is Supervising Hip Fracture Operations? A UK analysis of 457,630 operations over 7 years	Michael Pullinger
5	Fixation failure in extracapsular hip fractures: a review of the evolution in treatment methods and complications for 5612 patients treated at a single centre over 34 years.	Martin Hamilton-Flack

TRAINEE PRESENTATIONS

Just A Minute

10 papers; 1 minute, 1 slide, 1 question each

1	Role of Strong Opioids in an Effective Discharge of Lower Limb Arthroplasty Patients : A Patient-Based Analysis	Raja Mussab
2	Functional & Radiographic Outcomes of Custom Acetabular Implants for Severe Acetabular Defects – A Trauma Unit Perspective	Geeth Silva
3	Challenges in total hip arthroplasty in cancer survivor patients - Case series of Uncemented THR	Naufal Ahmed
4	Improving departmental teaching delivered by orthopaedic registrars for FY1s and SHOs - lessons learned and recommendations for other trusts	Riki Holden
5	Efficacy of orthotic management versus corticosteroid injections for trigger finger: a systematic review	George Hourston
6	Hemi-hamate arthroplasty for dorsal fracture-dislocation of the proximal interphalangeal joint – a single centre experience.	George Hourston
7	Outcomes of Deltoid Ligament Repair in Open Ankle Fractures: A Retrospective Case Series	Berin Gorgun
8	Evaluating the Impact of a Structured Triage Pathway on Conversion Rates in Elective Spinal Clinics	Jehan Butt
9	Evaluating Patient Satisfaction in a Multidisciplinary One-Stop Clinic for Young Adult Hip Pathology	Ryan McWilliams
10	Updates Regarding Precision Surgical Treatment Options for Cam-Type Femoroacetabular Impingement: A Scoping Review	Ryan McWilliams

TRAINEE PRESENTATIONS

Poster Presentation
Electronically Displayed

1	Need for routine post operative biochemical assesment after lower limb large joint arthroplasty	Raja Mussab
2	Rare soft tissue hand manifestation of the oculocerebrorenal syndrome of Lowe	George Hourston
3	Reconstruction of a Leddy and Packer Type Va flexor digitorum profundus avulsion with a novel technique	George Hourston
4	Casting techniques teaching at Colchester Hospital a quality improvement project	Michael Sharaiha
5	Unicortical vs Bicortical Screw Fixation for Medial Malleolus Fractures	Irfan Akram
6	Trauma theatre utilisation in a south coast District General Hospital	Kanishka Wattage
7	The pen is mightier than the sword (scalpel)	Martin Hamilton-Flack
8	Treatment and outcome after hip fracture for patients on oral anticoagulation	Alex Wilton
9	Case report - An unusual case of neurovascular entrapment following a Salter-Harris II distal tibia physeal injury	Pramod Manjunath
10	Assessments and evaluation in Postgraduate Orthopaedic Education	Maathiny Kirupaharan
11	Elective Hub Impact On Orthopaedic Training: A Deanery Perspective	Kem Onubogu

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NOTES

NOTES

THANK YOU FOR BEING
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AND WE LOOK FORWARD
TO SEEING YOU AT
CTOC 44

Signing off committee 2025