

44TH CAMBRIDGE TRAUMA & ORTHOPAEDIC CLUB MEETING



IMPERIAL WAR MUSEUM, DUXFORD

26TH JUNE 2026



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44th Annual Meeting

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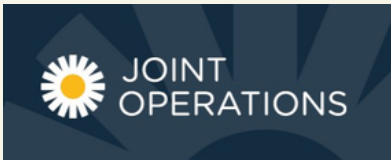
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ABOUT US



Cambridge
Trauma and Orthopaedic
Club

CAMBRIDGE TRAUMA & ORTHOPAEDIC CLUB

The Cambridge Orthopaedic Club (as it was known) was formed in 1982, with the primary aim to provide an opportunity for past and present trainees and trainers to meet annually. Since the first meeting in 1982 the meeting has grown to become a highly regarded rotation meeting with attendance from the region and elsewhere in the UK and the world.

The inaugural meeting of the Cambridge Orthopaedic Club was held in the University Graduate Centre in 1982, with Alan Murley as president. Since then, the Cambridge Orthopaedic Club has expanded and members now include past and present trainees, as well as trainers. There are many notable members of the club, such as Mark Bowditch (BOA Past President), Vikas Khanduja (SICOT President) along with several past and current presidents of many of the orthopaedic subspecialty societies. It is the responsibility of the current trainees to maintain the standards and traditions of the past, with their excellent contributions and presence at the meetings.

The meeting is organised by the East of England Orthopaedic Teaching & Education Association (EOETEA), led by the secretary who will return as the president of the club at the annual meeting 13 years later!

In 2019, the Committee felt that the acronym 'COC' was not appropriate to represent the region. Following consultation, the new name, Cambridge Trauma & Orthopaedic Club or 'CTOC' was born, representing a more accurate portrayal of current practice within our specialty. Cambridge Orthopaedic Club meetings were traditionally a social gathering, which evolved into an academic day meeting consisting of registrar presentations with an evening meal at one of the Cambridge Colleges on a Saturday. The attendance for these meetings was lacking and the educational opportunities lost.

Prof Vikas Khanduja, who took on the role as Academic Programme Chairman in 2017, has worked to improve the quality of the scientific programme & the educational content of the meeting. The standard of the academic presentations by the trainees continue to rise, and CTOC has also become a springboard for aspiring medical students to launch their orthopaedic careers. In combination with moving the meeting to a weekday, the Scientific Programme has been transformed and reinvigorated. By inviting several eminent International Keynote Speakers to the Annual Meeting, the profile of East of England has improved internationally, but it has also helped with networking around the world improving fellowship opportunities for trainees.

ABOUT US

EOE ORTHO

In the early days of the NHS, the aspiring surgeon worked exclusively with an individual Consultant on a “firm” for the whole of what would now be called Higher Surgical or Specialist Training.



After pre-registration and registrar posts, trainees would then become senior registrars before being suitably appointed as a Consultant when a vacancy arose. As surgery became more specialised it was felt that future surgeons would need to work for more trainers to gain experience and so moving between firms between district general and teaching hospital posts were created but there were no formal rotations.

This rotation started off as a Senior Registrar rotation in 1972 initially as a 2-year post. Previously in 1970-71 there was initial contact with Richard Howard from Norwich, but this failed to progress and the post went to London. The 2-year rotation started with Cambridge and Black Notley and slowly expanded. Gradually previous registrar rotations expanded to include Peterborough in 1980 and Ipswich in 1989 and by 1990 had become part of a 4-year Senior Registrar rotation of Cambridge, Black Notley, Peterborough and Ipswich with the West Suffolk joining in 1991. The Calman reforms in 1995 introduced seamless training and career registrar and senior registrar rotations were joined into a 6-year training programme.

David Dandy was the first training programme director and with Murray Matthewson oversaw the programme with Luton, Bedford and Kings Lynn joining around that time. Norwich joined in 1997 and the first trainee to go there was Fred Robinson. Colchester then joined in 1998 and Chelmsford in 2008.

In 2016 posts in 8 acute trusts in the East of England but managed by Health Education London were repatriated back to the East of England. This led to the introduction of Lister Hospital in Stevenage and Princess Alexandra Hospital in Harlow to the rotation.

Further expansion now means that the East of England training rotation now covers the largest region in the country, both geographically and the largest number of trainees. The training hospitals in the deanery are: Addenbrooke’s (Cambridge), Norfolk & Norwich, Lister (Stevenage) West Suffolk (Bury St. Edmunds), Ipswich, Colchester, Broomfield (Chelmsford) Queen Elizabeth (King’s Lynn), Peterborough, James Paget (Great Yarmouth), Southend, Basildon, Luton & Dunstable, Princess Alexandra (Harlow), Bedford & Watford.

WELCOME FROM THE SECRETARY

Mr Benjamin Davies
Norfolk & Norwich University Hospital



On behalf of Mr Sim Johal, President, Prof Vikas Khanduja, Academic Chair, and the organising committee, I would like to welcome you to the 44th Cambridge Trauma & Orthopaedic Club annual meeting on 26th June 2026 at the Imperial War Museum in Duxford.

Since its inception in 1982, the Cambridge Trauma & Orthopaedic Club (or Cambridge Orthopaedic Club as it was then) meeting has provided academic and social opportunities for past and present trainers and trainees from the East of England deanery.

In recent years, we have welcomed fantastic International and UK Keynote speakers, and this year is no different. We welcome Prof Tim Briggs (UK) & Prof Femi Ayeni (Canada) to talk about leadership, mentorship and the lessons they have learnt through their careers. Dr Berte Bøe (Norway), Prof Hans-Christoph Pape (Switzerland) and Prof Tim Board (UK) will enlighten us with their expertise on Shoulder instability, Pelvic and Acetabular Trauma and Hip Arthroplasty. Finally, Mr Mark Slack will tell us his story of robotics development right here in Cambridge. We will hear oral and "Just a Minute" (JAM) presentations from the best projects being undertaken by local trainees, and hear the latest updates from Ms Lora Young, Training Programme Director.

We finish the day with the annual gala dinner, this year held in the Old Hall (built in 1854) at Gonville and Caius college. The College was founded in 1348 by Edmund Gonville as Gonville Hall, and it was refounded in 1557 by the physician John Caius. Due to Caius' influence, the College has a reputation for medicine and the sciences. Notable medical Alumni include William Harvey, the first person to describe pulmonary and systemic circulation, and Sir Peter Ratcliffe, who was awarded the 2019 Nobel Prize in Physiology or Medicine.

During the coffee and lunch breaks today, I urge you to visit the industry stands as without their fantastic support the event cannot go ahead. Alongside the industry stands are virtual posters displaying further fantastic work from the excellent trainees and resident doctors from around the region.

I hope you enjoy the day.

Mr Benjamin Davies
CTOC Secretary 2025-26

CTOC COMMITTEE

MR SIM JOHAL

CTOC President

Mr Johal is a Consultant Trauma and Orthopaedic Surgeon at the Norfolk and Norwich University Hospital, where he serves as the lead surgeon for the National Joint Registry and also leads the fracture neck of femur service. He has a specialist interest in hip and knee replacement surgery, particularly in complex and revision surgery. He was elected as the Norfolk representative on a national advisory panel of the British Hip Society.

Following completion of his higher surgical training in East of England, Mr Johal undertook 2 fellowships – the prestigious Charnley Fellowship at Wrightington Hospital and at Norfolk & Norwich. He has also worked in Belfast with Professor Beverland, focusing on theatre efficiency and enhanced recovery following hip and knee surgery.

He has published and presented internationally and maintains a strong commitment to teaching and training.



PROF VIKAS KHANDUJA

Academic Lead

Prof. 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 Adults with Hip pathology 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 Professor at University of Cambridge and leads the Cambridge Young Adult Hip Research Group comprising of post docs, PhD and Masters students.

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 Executive Editor to JBJS (Am) and the past Chair & current Trustee to the Non Arthroplasty HipRegistry (NAHR) and has been appointed Visiting Professor to the University of Ghent.



CTOC COMMITTEE



Mr Benjamin Davies
Secretary



Miss Sandra O'Malley
Communications Officer



Miss Nichola McLaughlin
Trainee Rep & Industry Liaison



Mr Tom Barker
Merchandise



Mr Martin Hamilton-Flack
Treasurer



Miss Frankie Hill
Industry Liaison



Miss Rebecca Worley
Mentoring



Miss Vidhya Chauhan
Mentoring

PROGRAMME

0800-0815	Delegate registration
0815-0825	Welcome & Introduction Prof Vikas Khanduja & Mr Benjamin Davies
0825-0830	President's Welcome Mr Sim Johal
0830-0900	Free Papers - Session One - EOE Registrars 5 papers - 4 minutes each with 1 minute for discussion
0900-0930	Free Papers - Session Two - EOE Registrars 5 papers - 4 minutes each with 1 minute for discussion
0930-1000	Prof Tim Briggs A View of the NHS Landscape from the Top
1000-1030	Coffee Break & Poster Viewing
1030-1100	Free Papers - Session Three - "Best of the World" 5 papers - 4 minutes each with 1 minute for discussion
1100-1130	Prof Hans-Christoph Pape Delayed reconstruction in pelvic and acetabular surgery
1130-1145	Just-A-Minute Papers 10 papers; 1 minute with 1 Question each
1145-1215	Prof Tim Board Modern Total Hip Replacement: From Cradle to Grave
1215-1345	Lunch and Poster Viewing

PROGRAMME

	EoE Ortho Deanery Session (1325-1430)
1345-1400	Review from the TPD Ms Lora Young
1400-1410	ORCA Update Mr Azeem Thahir
1410-1415	Mentoring Update Miss Rebecca Worley & Miss Vidhya Chauhan
1415-1420	Trainee Rep Update & THOTY Miss Nichola McLaughlin
1420-1430	Education update & EOETEA Committee Mr Benjamin Davies
1430-1500	Coffee Break & Poster Viewing
1500-1530	Prof Olufemi Ayeni Lessons Learnt in Mentorship and Career Decision Making
1530-1600	Dr Berte Bøe Anterior Shoulder Instability: State of the Art. Where Are We Today?
1600-1630	Mr Mark Slack The Cambridge Medical Robots Story
1630-1645	Prizes Prof Vikas Khanduja
1645-1700	Closure Prof Vikas Khanduja & Mr Benjamin Davies
1830	Pre-Dinner Drinks, Gonville & Caius College
1930	Black Tie Dinner, Gonville & Caius College



PROF TIM BRIGGS

Professor Tim Briggs CBE is a Consultant Orthopaedic Surgeon at the Royal National Orthopaedic Hospital, London, specialising in complex hip and knee surgery, orthopaedic oncology, and revision arthroplasty. He served as TPD for the Stanmore Rotation for over 20 years, and former BOA president.

He is Chair of the Getting It Right First Time (GIRFT) programme and National Director for Clinical Improvement and Elective Recovery at NHS England. Professor Briggs is internationally recognised for his contributions to orthopaedic surgery, healthcare quality improvement, and NHS transformation.

In recognition of his contributions to surgery and the NHS, he was appointed Commander of the Order of the British Empire (CBE) in 2018.



PROF HANS-CHRISTOPH PAPE

Professor Hans-Christoph Pape, MD, FACS, FEBS, is an internationally recognized orthopaedic trauma surgeon and academic leader.

He is Chair of the Department of Traumatology at the University Hospital Zurich and Professor of Traumatology at the University of Zurich., and serves as adjunct professor at the University of Pittsburgh Medical Center (UPMC), Pittsburgh

A pioneer in polytrauma care and damage control orthopaedics, Professor Pape has authored hundreds of scientific publications and has played a leading role in advancing trauma surgery, education, and research worldwide.

INVITED SPEAKERS



PROF TIM BRIGGS

Professor Tim Board is a Consultant Orthopaedic Surgeon and internationally recognised specialist in hip surgery. He works at the Centre for Hip Surgery at Wrightington Hospital, UK, and holds academic appointments as Visiting Professor in Orthopaedics at the University of Manchester and Honorary Professor at the University of Salford.

He is current president of the British Hip Society.

His clinical practice focuses on complex primary and revision hip arthroplasty, hip preservation, and hip arthroscopy.

Professor Board has published more than 140 peer-reviewed papers and held leadership roles within the British Hip Society and the National Institute for Health and Care Research (NIHR).



PROF OLUFEMI AYENI

Professor Olufemi Ayeni, MD, PhD, FRCSC, is a Professor and Academic Division Head of Orthopaedic Surgery at McMaster University, Canada.

He is an internationally recognised expert in sports medicine and hip preservation surgery. His clinical practice and research focus on joint preservation and the treatment of hip injuries in young and active patients.

He is Director of the McMaster Arthroscopy Collective Sports Medicine (MacSports) fellowship, and Medical Director for the Hamilton Tiger-Cats (Canadian Football League) and Forge FC (Canadian Premier League).

Professor Ayeni has published more than 450 scientific papers, serves as Editor-in-Chief of the Journal of ISAKOS, and is a past President of the Canadian Orthopaedic Association.

INVITED SPEAKERS



DR BERTE BØE

Dr. Berte Bøe, MD, PhD, is a Norwegian orthopaedic surgeon and researcher specializing in shoulder and knee surgery.

She serves as Consultant Orthopaedic Surgeon and Head of the Arthroscopy Unit at Oslo University Hospital.

Dr. Bøe earned her PhD in orthopaedics from the University of Oslo and has authored numerous scientific publications and book chapters in sports medicine and orthopaedic surgery.

An internationally recognised speaker and educator, she has held leadership roles in several professional societies, including the Norwegian Society for Shoulder and Elbow Surgery and is the incoming president of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA).



MR MARK SLACK

Mr Mark Slack is a Consultant Gynaecologist at Addenbrooke's hospital, an academic surgeon at the University of Cambridge School and Medicine, and a medical technology innovator. His interest in minimal access surgery led him to explore the possibilities of improving uptake of minimal access surgery by the utilisation of more sophisticated surgical tools such as the robot.

He is Co-Founder and Chief Medical Officer of CMR Surgical, a global leader in robotic-assisted surgery, and has played a pioneering role in advancing minimally invasive surgical techniques.

He has strong international academic links and is an internationally recognised clinician, researcher, and educator.

INVITED SPEAKERS

ABSTRACT BOOK

Scan the QR code below to view the Abstract book
for all Oral, JAM and Poster presentations



PRESENTATIONS

SESSION ONE (0830-0900)

	Title	Presenter
1	Transvastus vs Subvastus in DHS Fixation: A Service Evaluation	Ahmed Mostafa, Colchester General Hospital
2	Procedure-Based Virtual and Augmented Reality Simulation in Orthopaedic Training: A PRISMA-Guided Review of Validity, Skill Acquisition, and Transfer	Ahmed Hassan, James Paget University Hospital
3	The Psychosocial Impact of Patellofemoral Dislocation and Anterior Cruciate Ligament (ACL) Injury in Children and Adolescents: A Systematic Review and Thematic Analysis	Ignatius Liew, Addenbrooke's Hospital
4	AI usage amongst the T&O trainees in EOE - A deanery wide survey	Sai Prasanth Grandhi, Norfolk & Norwich Hospital
5	Predicting Return to Sport Following Trochleoplasty: A Machine Learning Approach	Geeth Silva, Southend University Hospital

SESSION TWO (0900-0930)

	Title	Presenter
1	Reducing Bone Transport Times for Critical Bone Defects of the Tibia with Bifocal Corticotomies - A Retrospective Study	Sebastian Ho, Addenbrooke's Hospital
2	Assessing Validity of Prognostic Scoring of Distal Radius Fracture Stability (La Fontaine's Criteria) in The Management of Distal Radius Fractures	Ahmed Mostafa, Colchester General Hospital
3	Is less more in open ankle fractures? A case series reviewing the use of an isolated medial malleolus tension band construct.	Joseph Muscat, Addenbrooke's Hospital
4	Hand surgery curriculum requirements among UK orthopaedic surgery trainees - are the needs clear and do trainees feel they can meet them?	George Hourston, Addenbrooke's Hospital
5	Does Pre-Operative Education Reduce Length of Stay and Improve Clinical Outcomes After Elective Orthopaedic Surgery? A Systematic Review and Meta-Analysis	Oliver Negus, Norfolk & Norwich University Hospital

PRESENTATIONS

SESSION THREE (1030-1100)

	Title	Presenter
1	Survivorship of the Legion Revision Total Knee System: Retrospective Single-Centre Cohort Study	Ahmed Elshafey, Colchester General
2	Metallic-augmentation demonstrates lower revision risk than bone grafting in reverse shoulder arthroplasty: a National Joint Registry study of 43,794 procedures	Mikail Aktas, Altnagelvin Area Hospital
3	Evaluating a novel robotic system to generate patient-specific guides for optimising glenoid screw placement in the Latarjet procedure	Yazan Al-Moghrabi, University of Cambridge
4	Understanding Factors Leading to Acute Prosthetic Joint Revision – A 10 Year Retrospective Case Control Audit at Addenbrooke’s Hospital and the Cambridge Movement Surgical Hub.	Mohammed Elyass, Addenbrooke’s Hospital
5	Multicenter Evaluation of Arthroscopic InSpace Balloon for Massive Irreparable Rotator Cuff Tears at One-Year Follow-Up	Yash Sewpaul, University of Cambridge

PRESENTATIONS

JUST-A-MINUTE (1030-1045)

	Title	Presenter
1	Implementation of a Rapid Virtual Fracture Clinic MRI Pathway for Acute Knee Injuries: A Pilot Study	Yiannis Vyrides, West Suffolk Hospital
2	Posterior Column Fixation in Tibial Plateau Fractures: Patient-Reported Outcomes	Ahmed Elshafey, Colchester General Hospital
3	National Spot Audit of Dislocated Hemiarthroplasty Management (SAD Hemi)	Ahmed Mostafa, Colchester General Hospital
4	The Children's Urgent Reduction of Forearm Fractures in the Emergency Department (CURFFED) project: a national prospective trainee-led collaborative audit of practice	Andrew Womersley, Ipswich Hospital
5	Mid term follow up of patients with recurrent patella dislocation undergoing MPFL reconstruction using a novel fiber tape technique	Naufal Ahmed, North West Anglia NHS FT
6	Repair of pronator quadratus in distal radius fracture fixation - does it reduce the rate of flexor tendon pathology? A Systematic review and Meta-analysis	George Hourston, Addenbrooke's Hospital
7	ShRed: A Machine Learning Model Developed to Predict Shoulder Redislocation	Mohamed Mahmoud, Addenbrooke's Hospital
8	Preoperative Templating Accuracy in Hemiarthroplasty: A Retrospective Audit Analysis of Digital Planning and Clinical Outcomes	Ahmed Elshafey, Colchester General Hospital
9	Single-leg balance scoring demonstrates small limb differences in children with unilateral clubfoot following initial treatment.	Eve McMahon, Addenbrooke's Hospital
10	Elective Hub Impact On Orthopaedic Training: A Deanery Perspective	Ifeanyi Kem Onubogu, Colchester General

Thank You for being part of the 44th CTOC Meeting



We look forward to seeing you
next year