

Trauma and Orthopaedics

Introduction

Trauma and Orthopaedic is the speciality that focuses on the management of joints and bones due to trauma and medical or age related conditions.

Orthopaedic Surgeons are trained to diagnose, treat, and manage patients with bone and joint problems. This includes the management of the shoulder, elbow, wrist and hand and also the management of the hip and knee, foot and ankle. Orthopaedic surgeons also manage patients who sustain a traumatic injury to their limbs such as a fracture. At Cambridge University Hospitals Orthopaedics does not include spinal conditions which are seen by the spinal specialists in the department of Neurosurgery.

Guidance for Patients

Most patients will be awaiting for an outpatient clinic appointment for assessment and discussion of management options, diagnostic tests or a date for surgery. During this time it is important to maintain normal activities of daily living and exercise routines where possible such as swimming, cycling and walking. Weight control is another important factor preventing orthopaedic symptoms and conditions deteriorating.

What should I do if my health is deteriorating?

If your condition deteriorates to the degree that you are struggling to perform normal activities of daily living such as washing, going to the shops and putting on your own shoes and socks on and caring for your family, then raise this with a health professional. If you have not yet been seen at Addenbrookes please contact your general practitioner (GP) who may try and expedite your referral. Alternatively if you have already been seen at Addenbrookes, the please contact the clinical team who are looking after you.

Contact Us

If waiting for first appointment and have concerns regarding health and deterioration please contact your GP.

If you are an existing patient for our service with concerns please contact:

- 1st outpatient appointment: 01223 216403
- Follow up appointment Clinic 1: 01223 216231 / 274900
- Medical secretaries: please refer to the relevant team on your correspondence or via Main Switchboard 01223 245151