



NHS

**The Royal
Orthopaedic Hospital**
NHS Foundation Trust

Directory of Services

The Royal Orthopaedic Hospital

First choice for orthopaedic care





The Royal Orthopaedic Hospital

First choice for orthopaedic care



WORLD
LEADING
EXPERTISE



EXCELLENT
PATIENT
OUTCOMES



A MULTI
DISCIPLINARY TEAM
APPROACH



98% SATISFACTION
RATING FROM
PATIENTS

GOOD

RATED GOOD BY
THE CARE QUALITY
COMMISSION

About us

The Royal Orthopaedic Hospital NHS Foundation Trust is one of the largest specialist orthopaedic units in Europe. We offer planned orthopaedic surgical and non-surgical services to people locally, nationally and internationally.

We take pride in delivering exceptional patient care. Our specialist teams include consultants, nurses, anaesthetists, physiotherapists, radiologists, and extended scope practitioners; all of whom are highly skilled and experienced professionals.

We have been at the forefront of orthopaedic care for 200 years, pioneering new surgical techniques and advancing treatment for people with bone and joint disorders. That heritage of innovation and excellence still drives us today; we continue to push boundaries to deliver the best care possible. It is our aim to be the first choice for orthopaedic care.

As well as world-leading surgical services we offer an extensive range of innovative non-surgical services, both on our hospital site and in the community. Our Musculoskeletal Medicine Team can support patients to manage pain, improve their mobility and regain independence.

2019 Directory of services

This Directory of services brings together all of the essential information you need to refer your patients. If you need to ask a question, please don't hesitate to contact us via 0121 685 4000. More information is available on our website: www.roh.nhs.uk

Directory of Services

The Royal Orthopaedic Hospital

First choice for orthopaedic care



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Orthopaedic Oncology (Cancer)

03 *2 Week Wait (2WW) Sarcoma Service*

04 *Bone and Soft Tissue Bumps and Lumps
(Malignancy not expected)*

Oncology

2 Week Wait (2W/W) Bone and Soft Tissue Lumps - Suspicion of Sarcoma

Consultants / Clinicians

Mr. Adesegu Abudu, Mr. Scott Evans, Mr. Jonathan Gregory, Mr. Lee Jeys, Mr. Michael Parry, Mr. Jonathan Stevenson, Mr. Roger Tillman

Service Description

For the urgent referral of suspected soft tissue or bone cancer.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Highly suspicious bone and soft tissue lumps and bumps or swelling

Exclusions

- Head and neck
- Gynaecology
- Respiratory

Notes

The Royal Orthopaedic Hospital treats patients with bone and soft tissue sarcomas, bone metastases, benign bone and soft tissue tumours and tumour like conditions. We are one of five bone cancer services in the UK, the other centres are London, Oxford, Newcastle upon Tyne and Oswestry.

How to Refer

Please review the NICE guidance on suspected cancer:

<https://www.nice.org.uk/guidance/ng12/chapter/1-recommendations-organised-by-site-of-cancer#sarcomas>

Please search ID 7938686 on to make an electronic referral.

Oncology

Bone and Soft Tissue Lumps and Bumps, (Malignancy Not Suspected)

Consultants / Clinicians

Mr. Adesegun Abudu, Mr. Scott Evans, Mr. Jonathan Gregory, Mr. Lee Jeys, Mr. Michael Parry, Mr. Jonathan Stevenson, Mr. Roger Tillman

Service Description

For the referral of non-suspicious bone or soft tissue lumps or swellings

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Any bone and soft tissue lumps and bumps or swelling

Exclusions

- Head and neck
- Gynaecology
- Respiratory

Notes

The Royal Orthopaedic Hospital treats patients with bone and soft tissue sarcomas, bone metastases, benign bone and soft tissue tumours and tumour like conditions. We are one of five bone cancer services in the UK, the other centres are London, Oxford, Newcastle upon Tyne and Oswestry.

How to refer

Tertiary and non-urgent referrals should be emailed directly to ROHOncology.Referrals@nhs.net

Click here to download the Referral form:
www.roh.nhs.uk/our-services/orthopaedic-oncology

If you have any questions, please contact:

0121 685 4152 ext. 55995
0121 685 4049 ext. 55595

Spinal

06 *Spinal Emergency & Urgent Pathways*

07 *Spinal Surgical Clinic*

08 *Spinal Deformity Clinic*

Spinal

Spinal Emergency & Urgent Pathways

Consultants / Clinicians

On call Spinal Registrar/Spinal Surgical Consultants

Service Description

The Royal Orthopaedic Hospital offers a 24/7 on-call Spinal Emergency Service.

Call 0121 685 4000 and ask for the on call Spinal registrar.

Location

The Royal Orthopaedic Hospital Foundation Trust

Emergency Referral Criteria

The following patients should be referred to the ROH spinal on-call service the same day, without delay. Ensure that you are able to give an explicit history and examination findings including neurological status and relevant investigations.

- Suspected spinal cord neurology (gait disturbance, multilevel weakness in the legs and/or arms)
- Incipient or established cauda equina syndrome (acute urinary disturbance, altered perianal and/or genital sensation, (reduced anal tone and squeeze – if circumstances permit)
- Major motor radiculopathy
- Suspected spinal infection
- Spontaneous epidural haematoma
- Ankylosing spondylitis with new pain
- Metastatic spinal cord compression with neurological signs/symptoms

Urgent Referral Criteria

The following patients should be referred to a spinal surgeon within 1-2 weeks dependent upon clinical presentation.

- Osteoporotic fracture with severe or significant pain at 8 weeks
- Spinal metastases no neurological deficit (See NICE CG75)

Priority Spine Imaging

Patients presenting with the following signs/symptoms should be referred for priority whole spine MRI within 1-2 weeks dependent upon clinical presentation.

- Past history of cancer *(new onset spinal pain)
- Recent unexplained weight loss
- Objectively unwell with spinal pain
- Raised inflammatory markers (relative to range

anticipated for age) plasma viscosity, CRP, ESR (according to local practice)

- Possible immunosuppression with new spinal pain (IVDU, HIV, chemotherapy, steroids).
- Prolonged steroid use *
- Known osteoporosis, with new severe spinal pain
- Age <15, or >60 years new onset axial back pain

*Statistically significant red flags. Although the others listed may not be statistically significant these are the symptoms which are commonly seen in serious pathology. The more of these present the greater the probability of serious underlying pathology.

How to Refer

Contact the on call Spinal Registrar via switchboard on 0121 685 4000 and have all clinical details, medical history and details of any imaging available at the point of contact.

Spinal

Spinal Surgical Clinic

Consultants / Clinicians

Mr Young, Mr Czyz, Mr Hassan, Mr Hughes, Mr Rehousek, Mr Jones, Mr Newton Ede, Mr Gardner, Mr Mehta, Mr Spilsbury

Service Description

We are a major secondary and tertiary provider of a full orthopaedic and neurosurgical spinal service with 24 hour on-call cover forming a hub in the regional spinal network.

Location

The Royal Orthopaedic Hospital Foundation Trust

Routine Conditions Treated

Please note that primary spinal tumours are referred to us through separate channels:

- Degenerative Lumbar (stenosis, disc herniations, listhesis)
- Thoracic spinal disorders
- Degenerative cervical (brachalgia, myelopathy)
- Metastatic spinal cord compression
- Intradural and extra dural spinal pathology

Indications:

- All patients with back pain and or radicular pain should have a period of conservative management including exercise, medication and education before referral to a triage service. Only those with immobilising radicular pain not responding to treatment, or a major or progressive neurological deficit should be referred for a direct urgent secondary care opinion
- Patients with radicular pain not responding to conservative methods should ideally be referred to a spine surgical service at 8 to 12 weeks after onset (depending on patient choice) by the triage services
- Patients with neurogenic claudication symptoms should be referred to a spine surgical service within 6 months by the triage services
- Patients with pure 'non-specific' back pain should not be referred to a spine surgical service. Only patients with back pain associated with radicular pain, spondylolisthesis or spondylolysis, adult deformity or post-surgical (e.g. post discectomy) should be referred to a spine surgical service after 6 to 8 months of conservative treatment
- Injections for pure back pain other than medial branch blocks and facet denervation should not be considered. Lumbar facet joint injections should not be performed by any service
- All injections for radicular pain can be performed (e.g. lumbar epidural, caudal epidural,

- transforaminal epidural, root block)
- Lumbar total disc replacement should not be performed
- Lumbar fusion for patients with back pain associated with radicular pain, spondylolisthesis or spondylolysis, adult deformity or post-surgical (e.g. post discectomy) can be considered
- Lumbar fusion for pure 'non-specific' back pain should not be performed outside of a research trail
- Radicular pain >2 months or stenosis with significant functional restriction
- Recent MRI imaging (less than 6 months)
- Persistent disabling lower back pain and failed conservative treatment (including combined physical & psychological programme)
- Spinal instability or significant structural deformity

Exclusions

- The ROH spinal service does not offer repeated lumbar injections or routine cervical spine injections (recommend pain clinic)
- Confirmed degenerative neck pain is very rarely suitable for surgery (recommend pain clinic)
- Surgery for non-specific low back pain is only considered after extensive conservative treatment, including appropriate combined physical & psychological programmes
- Referral of patients with degenerative low back pain who have not undergone appropriate conservative treatment is unlikely to result in a clinic appointment
- Previously assessed as unsuitable (without significant change in symptoms)
- Smokers not prepare to stop, with predominating back pain and no instability and wishing to be considered for spinal fusion

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 7924347 to make an electronic referral.

Spinal

Spinal Deformity Clinic

Consultants / Clinicians

Mr Jones, Mr Mehta, Mr Newston-Ede, Mr Gardner, Mr Spilsbury, Mr Marks (Paediatric only), Mr Young (Adult only)

Service Description

We offer a comprehensive paediatric and adult deformity service as part of a major secondary and tertiary provider of a full orthopaedic and neurosurgical spinal service with 24 hour on-call cover forming a hub in the regional spinal network.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Thoracic disorders
- Kyphosis
- Scoliosis
- Any other conditions of the Vertebral column (e.g. spondylolysis / listhesis)
- Significant spinal pain without other explanation
- Acquired deformity of spine
- Cervical spine deformity
- Congenital anomaly of spinal cord
- Congenital deformity of spine
- Congenital postural scoliosis
- Congenital scoliosis due to bony malformation
- Deformity of lumbar spine
- Disorder of intervertebral disc of thoracic spine
- Idiopathic scoliosis
- Idiopathic scoliosis and/or kyphoscoliosis
- Juvenile osteochondrosis of spine
- Kyphosis deformity of spine
- Scoliosis in skeletal dysplasia
- Scoliosis of lumbar spine
- Scoliosis of thoracic spine

Exclusions

- Inflammatory conditions should be referred and investigated by Rheumatology

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 7927257 to make an electronic referral.

Hip and Knee

10 Hip Replacement Clinic

11 Hip Revision Clinic

12 Young Adult Hip Replacement

13 Knee Replacement Clinic

14 Knee Revision Clinic

Hip and Knee

Hip Replacement Clinic

Consultants / Clinicians

Mr Dunlop, Mr Treacy, Mr Davis, Mr Pearson, Mr Revell, Mr Cooper, Mr Thomas, Mr Va Faye, Mr Parry, Mr Stevenson, Mr Abudu, Mr Evans, Mr Jeyes, Mr Tillman.

Service Description

Treatment and management of all hip and pelvis conditions which will require surgical replacements and intervention.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Osteoarthritis (OA) of hip
- Rheumatoid arthritis (RA) of hip requiring replacement surgery
- Avascular necrosis of hip
- Degenerative joint disease of hip
- Hip pain
- Hip deformity
- Abductor dysfunction
- Hip impingement surgery

Exclusions

- Patients under 45 years of age
- Acute trauma no upper limb
- Patients should be fit, ready and able for surgery as appropriate at the time of referral
- No spine
- No foot & ankle
- No knees

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 126106 on to make an electronic referral.

Hip and Knee

Hip Revision Clinic

Consultants / Clinicians

Mr Dunlop, Mr Treacy, Mr Davis, Mr Pearson,
Mr Revell, Mr Cooper, Mr Thomas, Mr Va Faye,
Mr Parry, Mr Stevenson, Mr Abudu, Mr Evans,
Mr Jeyes, Mr Tillman

Service Description

Treatment of failed primary hip replacements.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Failed total hip replacement
- Infected hip replacements
- Periprosthetic fractures
- Hip resurfacing

Exclusions

- Acute trauma except periprosthetic fractures
- Patients should be fit, ready and able for surgery as appropriate at the time of referral
- No spine
- No foot & ankle
- No knees

Notes

If patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 125819 on to make an electronic referral.

Hip and Knee

Young Adult Hip Replacement Clinic

Consultants / Clinicians

Mr Politis, Mr McBryde, Mr Bache

Service Description

Treatment and management of all young adult hip pain that will require surgical replacements and intervention.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Impingement and labral tear
- Osteoarthritis of the hip in the young adult, 45 years of age or less
- Rheumatoid arthritis of the hip
- Valgus deformity
- Varus deformity of hip

Exclusions

- Patients over 45 years of age
- Patients who are not fit, ready and able for surgery as appropriate at the time of referral

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to refer

Please search ID 7512907 on to make an electronic referral.

Hip and Knee

Knee Replacement Clinic

Consultants / Clinicians

Mr Ashraf, Mr Baloch, Mr Davis, Mr Cooper,
Mr Hussain, Mr Moholkar, Mr Snow, Mr Va Faye,
Mr Thomas (For Rheumatoid patients), Mr Abudu,
Mr Parry, Mr Stevenson, Mr Jeys, Mr Evans,
Mr Massoud

Service Description

Treatment and management of all knee conditions that will require surgical replacements and intervention.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Osteoarthritis of knee
- Knee pain
- Avascular necrosis of knee
- Rheumatoid arthritis of knee
- Degenerative joint disease of knee
- Valgus deformity of knee
- Varus deformity of knee

Exclusions

- Patients who are not fit, ready and able for surgery as appropriate at the time of referral
- Patients under age of 16 years
- Acute trauma patients

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any radiological investigations and where and when this was carried out.

How to Refer

Please search ID 125899 on to make an electronic referral.

Hip and Knee

Knee Revision Clinic

Consultants / Clinicians

Mr Ashraf, Mr Baloch, Mr Davis, Mr Hussain,
Mr Moholkar, Mr Treacy, Mr Cooper, Mr Green,
Mr Va Faye, Mr Parry, Mr Stevenson, Mr Evans

Service Description

Treatment of failed previous knee replacement.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Failed knee replacement
- Infected knee replacement
- Swollen painful knee replacement
- Failed unicompartmental knee
- Degenerative joint disease of knee
- Knee stiffness
- Pain due to knee joint prosthesis

Exclusions

- Acute trauma patient except periprosthetic fracture

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 126175 on to make an electronic referral.

Knee and Shoulder

16 Shoulder Clinic

17 Knee Arthroscopy Clinic

Knee and Shoulder

Shoulder Clinic

Consultants / Clinicians

Mr Massoud, Mr Snow, Mr Hussain, Mr Moholkar,
Mr Green

Service Description

Treatment and management of all shoulder conditions which will require surgical arthroscopic intervention.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Adult shoulder conditions with pain subacromial impingement
- Frozen shoulder
- Rotator cuff tear
- Shoulder dislocation
- Shoulder instability
- Shoulder sports injuries
- Shoulder arthritis
- Acromioclavicular arthritis
- Acromioclavicular dislocation

Exclusions

- Patients who are not fit, ready and able for surgery as appropriate at the time of referral
- Acute trauma no lower limb

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any recent relevant radiological investigations and where and when they were carried out.

How to Refer

Please search ID 126143 on to make an electronic referral.

Knee and Shoulder

Knee Arthroscopy Clinic

Consultants / Clinicians

Mr Ahsraf, Mr Baloch, Mr Hussain, Mr Moholkar,
Mr Snow, Mr Green

Service Description

Treatment and management of all knee soft tissue conditions which will require surgical intervention.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Knee osteoarthritis
- Knee pain
- Anterior knee pain
- Patella femoral conditions
- Osteochondral defect
- Autologous chondrocyte implantation
- Ligamentous injuries
- Meniscal tears
- Knee instability

Exclusions

- Acute trauma
- No upper limb
- Patients who are not fit, ready and able for surgery as appropriate at the time of referral

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details together with radiological investigations and where and when these were carried out.

How to Refer

Please search ID 126122 on to make an electronic referral.

Hand and Wrist

19 Hand and Wrist Clinic

Hand and Wrist

Hand and Wrist Clinic

Consultants / Clinicians

Mr Deshmukh, Mr Jose, Mr Craigen, Mr Brewster

Service Description

Treatment and management of the hand, wrist and peripheral nerves of the upper limb. Encompasses reconstructive surgery that improves upper limb function after nerve injury.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Hand surgery with a particular interest in rheumatoid arthritis of hand and wrist, osteoarthritis hand
- Osteoarthritis wrist
- Contracture, deformity hand, deformity wrist, carpal tunnel syndrome, trigger finger, scaphoid non-union
- Dupuytren's disease
- Neurological conditions arm
- Nerve compression
- Ulnar nerve compression
- Secondary reconstruction
- Post trauma to hand and wrist
- Painful conditions hand
- Painful conditions wrist
- De quervains
- Tenosynovitis
- Tenosynovitis
- Synovitis
- Swelling hand
- Soft tissue swelling wrist
- Stiffness
- Ganglion hand
- Ganglion wrist

Exclusions

- Patients under 16 years old.
- Burn injuries of hand (referrals should be directed to the Burns Unit at UHB)

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details together with any recent relevant radiological investigations including where and when they were carried out.

How to Refer

Please search ID 126115 on to make an electronic referral.

Foot and Ankle

21 Foot and Ankle Clinic

Foot and Ankle

Foot and Ankle Clinic

Consultants / Clinicians

Mr Prem, Mr McKenzie, Mr Meda, Mr Shaik, Rob Cox
Andy Cumming

Service Description

Consultant orthopaedic foot and ankle surgeon-led clinics for all conditions affecting the foot and ankle.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- We are happy to treat any condition affecting the foot and ankle

Exclusions

- Acute injuries and infection should go to A&E
- No upper limb
- Patients who are not fit, ready and able for surgery as appropriate at the time of referral
- Malignancies should be referred to Oncology

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 5680342 on to make an electronic referral.

Pain Management Service

23 Pain Management Service

Pain Management Service *Consultant Led Services* Pain Management Service

Consultants / Clinicians

Dr Ahmed Kafafy, Dr Liza Tharakan

Service Description

The Pain Management Service at the Royal Orthopaedic Hospital NHS Foundation Trust is a comprehensive multidisciplinary service in a secondary care setting that offers patients interventions as appropriate and supports patients to develop self-management strategies, enhance their quality of life and reduce dependency on healthcare services.

Location

- The Royal Orthopaedic Hospital Foundation Trust
- Lordswood House Medical Practice, Harborne Birmingham

Conditions Treated

- Joint osteoarthritis
- MSK/spinal pain/coccydynia
- Chronic neuropathic pain
- Chronic widespread pain/fibromyalgia
- CRPS
- Persistent post-surgical pain
- Fully investigated headaches
- Atypical facial pain
- Opioid reduction
- Abdominal/pelvic pain

Exclusions

- Recent onset of radicular limb pain
- Acute pain
- Paediatrics
- Patients currently under another pain service
- Patients who have been seen by any pain service in the last 12 months for the same condition

Notes

Your referral letter should include the following information:

- Diagnosis and brief history of pain
- Treatments tried
- Details of current medications
- Relevant investigations/results - reports of all imaging and results of relevant laboratory investigations over the previous two years should be included with the referral letter. For cases of MRI and CT scans, the referrer should make the necessary arrangements for the actual images to be sent to us including reports prior to a clinic date being given.
- Details of any previous pain clinic reviews
- List other medical problems (summary only)
- Psychosocial history
- Any past psychiatric history

How to Refer

Please search ID 7942454 on to make an electronic referral roh.painservicerresults@nhs.net

Musculoskeletal Medicine (MSK)

Consultant Led Services

25 *MSK Spinal Clinic*

26 *MSK Peripheral Clinic*

27 *Sports Injury Clinic*

Orthopaedic Practitioner Led Services

28 *Back and Neck Pain Clinic*

29 *Sciatica Clinic*

30 *Knee and Shoulder Clinic*

31 *Heel Pain Service*

Musculoskeletal Medicine (MSK)

Consultant Led Services

MSK Spinal Clinic

Consultants / Clinicians

Dr Brown, Dr Blaggan, Dr Ketkar.

Service Description

Management of non-surgical spinal musculoskeletal conditions.

Location

- The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

This clinic sees a wide range of spinal musculoskeletal problems. In particular, this consultant led multidisciplinary clinic is useful for patients:

- With uncertain diagnoses
- Not responded to Physiotherapy
- Who need expert treatment options and prognosis
- Who require advice and guidance following primary care imaging

Exclusions

- Cauda equina syndrome
- Spinal stenosis
- Spinal infection
- Spinal fracture
- Neurological deficit
- Children under 16 years of age
- Previous spinal surgery

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 125958 to make an electronic referral.

Musculoskeletal Medicine (MSK)

Consultant Led Services

MSK Peripheral Clinic

Consultants / Clinicians

Dr Bhogal, Dr Shamji

Service Description

Management of non-surgical peripheral musculoskeletal and sports conditions.

Location

- The Royal Orthopaedic Hospital Foundation Trust
- Lordswood House Medical Practice, Harborne, Birmingham

Conditions Treated

This clinic sees a wide range of non-spinal musculoskeletal problems. In particular, this consultant led multidisciplinary clinic is useful for patients:

- With uncertain diagnoses
- Not responded to physiotherapy/podiatry
- Who need expert treatment options and prognosis
- Who require advice and guidance following primary care imaging.
- All tendon related problems (shoulder, knee, hip, groin, ankle, feet, overuse)
- All ligamentous problems (upper and lower limb)
- Muscle injuries and tears
- Joint related issues including bursitis, synovitis
- Non-surgical management of osteoarthritis

Exclusions

- Chronic mechanical lower back pain
- Acute fractures

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 7918970 on to make an electronic referral.

Musculoskeletal Medicine (MSK)

Consultant Led Services

Sports Injury Clinic

Consultants / Clinicians

Dr Shamji, Dr Bhogal, Alexander McCall, Robert Cox

Service Description

Investigation and management of sports injury.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Neck: Thoracic and low back pain (sports related)
- Shoulder: rotator cuff strain/tear strains, impingement, chronic instability, ACJ/SCJ pain and instability
- Elbow pains
- Tendinosis
- Hip and groin: strains and 'sportsman's hernia'
- Hip impingement
- Sports related knee pain
- Ligament sprains
- Chronic ligament laxity or rupture
- Tendinosis
- Anterior knee pain
- Meniscus/cartilage tears
- Locking
- Instability
- Ankle ligament sprains
- Chronic ligament laxity or rupture
- Muscular strain/tear

Exclusions

- Complications generated from/since surgery
- Anything requiring immediate orthopaedic management, for example ruptured tendons (hand/achilles etc.)
- Fractured bones or un-healing stress fractures
- Chronic neck and low back pain unrelated to sport
- Unrelated joint or soft tissue issues unrelated to sports injuries
- Exercise on prescription referrals
- Direct referrals for physiotherapy
- Orthotics

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 5647148 on to make an electronic referral.

Musculoskeletal Medicine (MSK) *Orthopaedic Practitioner Led Services* Back and Neck Pain Clinic

Consultants / Clinicians

Andy Emms, Yvonne Krantz, Jane Scott-Davies,
Wendy Field, Jacqui Hayes, Chris Bradford

Service Description

Investigation and management of non-surgical spinal patients. To include caudal epidural, nerve root block and medial branch block injections. Identification and direction of patients requiring surgical opinion.

Location

- The Royal Orthopaedic Hospital Foundation Trust
- Lordswood House Medical Practice, Harborne, Birmingham

Conditions Treated

- Mechanical neck and low back pain >6 weeks +/- referred pain
- LBP and /or leg pain of probable spinal origin and non-progressive weakness
- Radicular pain without neurology
- Non-specific low back pain requiring a second opinion
- Neck pain with/without radicular arm pain and without neurology
- Neck pain with or without arm pain of probable spinal origin and non-progressive weakness
- No less than 4/5 power on myotome testing and not clinically deteriorating

Exclusions

- Cauda equina syndrome
- Spinal stenosis
- Spinal infection
- Confirmed or suspected spinal pathological fracture, infection, tumour
- History of inflammatory disease
- Progressive neurological deficit
- Children under 16 years of age
- Paediatric or young adult spinal deformity
- Previous spinal surgery

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 125958 on to make an electronic referral.

Musculoskeletal Medicine (MSK) Orthopaedic Practitioner Led Services Sciatica Clinic

Lead Clinicians

Jane Scott-Davies, Yvonne Krantz, Wendy Field
Jacqui Hayes, Chris Bradford

Service description

Access to quick assessment (triage to appointment within 3 weeks), investigation and treatment including fast track pathway for microdiscectomy.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Severe leg pain (LP) of more than 2/52 duration
- Dermatomal distribution of LP
- Predominant LP
- Motor power no less than 3/5
- No systemic symptoms
- Minimal psychosocial issues
- No symptoms suggestive of cauda equina syndrome
- Comorbidity not precluding spinal injection and/or surgery
- Significant disability i.e. off work
- On significant/maximal analgesia
- No known mechanical failure of the spine i.e. listhesis/spondylolysis
- No previous spinal surgery

Exclusions

- Cauda equina syndrome
- Spinal stenosis
- Spinal infection
- Spinal fracture
- Neurological deficit
- Previous spinal surgery
- Motor power less than 3/5
- No mechanical failure of the spine i.e. listhesis/spondylolysis
- Systemic symptoms
- Spinal Deformity
- Comorbidity contraindicating spinal injection and/or surgery
- Children under 16 years old

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

How to Refer

Please search ID 7917884 on to make an electronic referral.

Musculoskeletal Medicine (MSK) Orthopaedic Practitioner Led Services Knee and Shoulder Clinic

Lead Clinicians

Alexander McCall, Dean Muldoon

Service Description

Investigation and management of non-surgical knee and shoulder patients to include peripheral joint and soft tissue injections. Identification and direction of patients requiring surgical opinion.

Location

- The Royal Orthopaedic Hospital Foundation Trust
- Lordswood House Medical Practice, Harborne Birmingham

Conditions Treated

Knee:

- Knee pain
- Ligament sprain
- Muscular strain/tear
- Tendinosis
- Patello-femoral joint osteoarthritis
- Tibio-femoral osteoarthritis
- Superior tibia-fibular joint pain
- Anterior knee pain
- Cruciate ligament laxity
- Sports injuries
- Meniscus/cartilage tears
- Collateral ligament sprains
- Locking
- Instability

Shoulder:

- Shoulder pain
- Frozen shoulder
- Shoulder impingement
- Shoulder instability
- Rotator cuff strain/tear
- Acromioclavicular sprain
- Sternoclavicular sprain
- Capsular sprain
- Osteoarthritis
- Tendinosis
- Sports injuries

Exclusions

Complications generated from/since surgery
Children under the age of 16 years

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

Allied Health Professional Service

How to Refer

Please search ID 126977 on to make an electronic referral.

Musculoskeletal Medicine (MSK)

Orthopaedic Practitioner Led Services

Heel Pain Service

Lead Clinicians

Rob Cox, Andy Cumming, Louise Bushell

Service Description

One stop shop for heel pain conditions with diagnostics and treatment offered including shockwave therapy.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Plantar fasciitis
- Heel spur pain
- Plantar heel pain
- Achilles tendinopathy; insertional and mid portion
- Baxter's nerve

Exclusions

- Neurological type pain
- Any condition considered NOT TO BE plantar fasciitis.

Notes

If the patient has been seen previously or elsewhere with similar condition, please supply relevant details to include any relevant past medical history and radiological investigations together with where and when this was carried out.

Shockwave therapy is currently not part of commissioned pathways for Worcestershire CCG's.

How to Refer

Please search ID 7450708 on to make an electronic referral.

Physiotherapy Services

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Physiotherapy

Physiotherapy Services

Lead Clinicians

Gemma Miles (Upper limb)
Gareth Stephens (Spinal)
Rachel Thebridge (Lower limb)
Alison Woodbridge (Hydrotherapy)

Service Description

Patient centred treatment and rehabilitation to enhance quality of life and help the patient improve their condition through optimising self-management and lifestyle changes in the domains that are most important to them (i.e. pain, function, psycho-social).

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Patients requiring rehabilitation for orthopaedic post-operative procedures
- Patients requiring assessment and treatment for MSK conditions

Exclusions

- Patients requiring physio for neurological or respiratory problems
- Patients who have been referred for the same complaint in the last 6/12.
- Patients who are unable to attend MSK out-patient appointments

Notes

Please ensure the referral includes reason for referral, previous treatment and medical history.

How to Refer

Please send referrals to the following email address:
roh-tr.therapies@nhs.net

Functional Restoration Programme

35 *Functional Restoration Programme*

Functional Restoration Programme

Functional Restoration Programme

Lead Clinicians

Dave Rogers, Dr Grahame Brown, Abigail Darling

Service Description

We offer a Functional Restoration Programme (FRP) for patients with persistent spinal pain.

Many of these types of programmes are now running around the country and experts agree that they can be very effective at improving function, quality of life and learning strategies to manage flare-ups in pain more effectively. The programmes use both physical and psychological principles, to help improve confidence in function, address any fears regarding movement and provide a structured plan of recovery. There is a strong emphasis in helping patients understand the biology of persistent pain and what they can do to reduce its impact in their lives.

Patients report less back pain disability, improvements in their confidence to move and function more freely, better management of 'bad days' or bad flare-ups in their pain, reduced use of pain medication and a better understanding of the biology of pain. Patients have often been able to return to hobbies, work and social activities which had previously been difficult.

Location

- The Royal Orthopaedic Hospital Foundation Trust,
- West Heath Medical Centre, West Heath, Birmingham

Conditions Treated

- Adults with persistent non-specific back pain of greater than 12 weeks duration who are:
 - a) at work, either paid or voluntary but struggling to maintain responsibilities
 - b) off work, but job remains open
 - c) not employed but actively seeking to improve function and quality of life

- Not responded to routine primary care management such as GP advice, medication, exercises
- Patient appearing motivated to help themselves to get better
- Modifiable psychosocial factors impacting on their ability to recover

Exclusions

- Serious spinal pathology such as tumours, infection, cauda equina signs
- Significant motor radiculopathy and signs of nerve root compromise requiring surgery
- Widespread multi-joint pain
- No other open episodes of care for the same condition
- Rheumatological conditions
- Previous attendance on a pain management programme
- Communication barriers which would prevent ability to follow cognitive component of programme
- Other medical problems which would prevent involvement in physical exercise programme such as unstable cardiac conditions, significant respiratory problems, poorly managed diabetes

Notes

Please ensure the referral includes reason for referral, previous treatment and medical history.

How to Refer

Please send referrals to the following email address: roh-tr.therapies@nhs.net

Orthotics

37 Orthotics

Orthotics

Orthotics Services

Lead Clinicians

Team of Orthotists

Service Description

The Orthotists work closely within multi-disciplinary teams and provide a comprehensive examination and assessment to prescribe and fit appropriate orthotic treatments. These orthoses are used to modify the structural and functional characteristics of the neuromuscular and skeletal system and also to increase mobility and function, giving patients more independence.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Spinal braces
- Specialist footwear
- Insoles
- Knee braces
- AFO's
- KAFO's

Exclusions

- Easily accessible items such as wrist splints and Boston t-shirts which can be purchased at local pharmacies.

Notes

Please ensure the referral includes reason for referral, previous treatment and medical history.

How to Refer

Please send referrals to the following email address:
roh-tr.therapies@nhs.net

Podiatry

39 Podiatry

Podiatry

Podiatry Services

Lead Clinicians

Robert Cox, Andrew Cumming, Louise Bushell

Service Description

Biomechanical analysis in stand-alone and multidisciplinary clinics, using F scan technology where required. Management includes prescription orthotics, podiatric acupuncture and injections.

Location

The Royal Orthopaedic Hospital Foundation Trust

Conditions Treated

- Non-surgical biomechanical foot and ankle conditions

Exclusions

- Wounds
- Ulcerated
- Hard skin
- Toe nail pathology

Notes

Please ensure the referral includes reason for referral, previous treatment and medical history.

How to Refer

Please send referrals to the following email address: roh-tr.therapies@nhs.net



The Royal Orthopaedic Hospital Foundation Trust

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