ROH life

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The Royal Orthopaedic Hospital www.roh.nhs.uk 2025 Issue 1

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Identifying bone cancer – Lee's story

A cancer diagnosis is many things. It's scary, it's confusing, it's stressful. But getting to that diagnosis? It's not always straightforward. For some, symptoms are really obvious and the diagnostic pathways for those symptoms are well known. But for others, like bone cancer (osteosarcoma), that's not always the case.

According to a survey ran by the Bone Cancer Research Trust in 2020, patients wait, on average, more than 7 months and make 8 visits to multiple healthcare professionals before receiving an accurate diagnosis of osteosarcoma.

Lee is one of these patients. When he was referred to the Royal Orthopaedic Hospital, after a visit to his local A&E, Lee had been experiencing symptoms for six months. Here's his story.

"I started to notice symptoms in September of 2023. I'd be going to bed and experiencing extreme pain down my right leg. I didn't initially think too much about it and just carried on as usual. After a few weeks I did contact the doctors as I could tell something wasn't right. An initial examination suggested that the pain was caused by pressure on the nerve (sciatica). I was prescribed co-codamol and provided with links on managing back pain at home.

Medication provided no respite, I started experiencing intense pain day and night. I also had inexplicable weight loss, losing 2 stone within 3 months.

Following referral to a spine clinic in January I was advised that my issue was more likely to be muscular and that I should think about sports physio. I took this advice but found that my pain simply intensified. Things just weren't adding up. After a particularly difficult weekend, Gillian (my wife) and I decided that I should go to A&E. I was seen by someone in the Musculoskeletal (MSK) team at my local hospital. An initial examination didn't highlight the cause of the problem but due to the fact that I was experiencing numbness in the groin, they suggested I get another MRI, just to be on the safe side.

It's a strange feeling – going from just one of many people in A&E to someone taking you to a small side room, and being offered a drink. An Oncology consultant comes in and says we've picked up a tumour on the scan, we're confident it's a bone tumour and we need to do some further tests. I was completely floored with this news. I had various other tests that afternoon and it was identified that it was primary bone cancer. Because of this and the location of the tumour, which was in my sacrum (the triangular bone at the base of the spine), I was referred to a specialist hospital – the Royal Orthopaedic Hospital (ROH)."

Things then moved very quickly

"Once the ROH was involved there was no delay. I had an appointment for a biopsy straight away. I couldn't begin to put into words how fantastic the team is there. Consultants, staff on the ward, every part of the experience from being identified as having bone cancer to the operation to after in recovery has been superb.

Gillian and I lived with the news for a month before I felt able to speak to family and friends. I initially felt like I was going to be putting a burden on them without knowing the full facts. That caused so much stress – there were a few family events where I was just pure anxiety, I couldn't eat, couldn't enjoy being surrounded by my family.

The type of tumour I had, a Chondrosarcoma – a sarcoma of the cartilage cells, can't be treated with radiotherapy or chemotherapy and I was initially unclear about whether it was possible to operate.

I first met my surgeon, Mr Kurisunkal in mid-April 2024. He confirmed that removal of the tumour was possible. This was a great relief although he went into the absolute detail about the challenges with surgery and aspects that could go wrong. He was keen to point out that the operation and recovery would be both physically and mentally demanding. Some of the conversations pre-op and the scale of the planning was overwhelming. My surgeon needed to bring a specific group of people into the operation – a spine surgeon, pelvic surgeons, a plastic surgeon – as he needed the right team for the complexity of the surgery. This also involved collaboration with the Queen Elizabeth Hospital, Birmingham to ensure life support facilities were made available should there be complications during the operation."

From surgery to recovery

Lee was in hospital for four weeks and is now at home recovering. His mobility is improving slowly with ongoing hydrotherapy

Story continues on next page

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Welcome to the issue

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Welcome to this issue of ROH Life, our Trust newspaper for patients, visitors and colleagues at The Royal Orthopaedic Hospital NHS Foundation Trust (ROH).

We want to feature the fantastic work and interesting stories from people across the Trust.

Whether you're a patient with a story to tell, or a member of staff who wants to share some great work, you can get in touch using the details on the left. We would love to hear from you and hopefully feature you in an upcoming issue!

Lee's story continued

and physiotherapy. "I've always had a degree of independence, so it has been difficult feeling pretty useless. Gillian has been immense and it's hard to imagine how I would have got through this without her continued support. In September she even found time to take on a rowing challenge, completing 100km in the month and raising £5000 for the Bone Cancer Research Trust.

"I feel really strongly about the mental health side of a cancer diagnosis and going through treatment. Never underestimate how it affects you, and your family, in ways you just don't think about, from having those difficult conversations with friends and family to the reality of surgery and what recovery could look like.

"It may sound strange to say that I count myself lucky. I have so many people to thank for the fact that I am able to be positive about the future. Every three months I have an oncology check, you do get hardened to the fact that this may not be over, hanging on for the next check that things are all OK. However, putting this into context I can reflect positively on my ROH journey so far and am reassured that I am in very good hands.

What I can say is how friendly the staff are at ROH and how comfortable they make you feel. I attended intensive hydro / physiotherapy at the ROH, with the support of an expert physiotherapist to take you through different exercises, I found this a really beneficial and positive experience. I know it's cheesy to say, but ROH is like my happy place because you've got good people around you, who understand exactly what I've been through. On my last visit I was fortunate enough to spend time with my Consultant who led the operation, Mr Vineet Kurisunkal, and my spinal surgeon Mr Simon Hughes, it was lovely to catch up on progress post op. Personally said, it really meant a lot."

Awareness of the signs of bone cancer is still a big challenge, as it's incredibly rare. But it's the lack of awareness that means diagnosis often takes longer than other cancers. There are several signs to look out for such as:

Bone pain that gets worse at night, isn't helped by painkillers and may get worse over time

- A lump or swelling near the skin's surface
- Problems moving or stiff limbs or joints
- Tenderness over the bone or joint
- A broken bone

Other symptoms for bone cancer can include sudden/unintended weight loss, easily bruising, numbness and pain with tingling, feeling tired or breathless.

The Bone Cancer Research Trust has developed a **Symptoms Flashcard** which can be downloaded and taken to the GP if you are experiencing these symptoms.

Lee hopes that with education, hopefully more people will get identified sooner reducing the risk of the cancer progressing. *"I think better education on the symptoms of bone cancer is so important. It's not just the physical side of cancer, but the months and months of being in pain with no answers really affects you mentally, and puts so much stress on you. Hopefully with better education fewer people will have those experiences and receive a diagnosis earlier."*

To find out more about the different types of bone cancers, scan the QR code below or visit **www.birminghamsarcomaservice.nhs.uk/**

ROH has been shortlisted in the Scope awards

A b L e

ACHIEVE | BELIEVE | LEAD | EMPOWER

Alexandra Gilder, Deputy Director of Finance and Chair of the ABLE (Disability) Network at the Royal Orthopaedic Hospital, commented: "*Scope is a leading charity advocating for disability rights across the UK, so being shortlisted for their Inclusive Workforce Award is such a huge honour. It highlights the incredible progress we've made at ROH, supported throughout by members of the ABLE Network, in raising awareness of disability and of reasonable adjustments for our disabled staff and patients. We're so proud to be recognised and can't wait for the awards in May!*"

The ROH has been recognised for work led by the ABLE (Disability) Network, such as introducing a staff passport for reasonable adjustments at work, an educational campaign raising awareness for specific disabilities, as well as the Beyond the Stigma exhibition which has encouraged open conversations about disability. The awards will be held at the Kia Oval in London in May.

Share your story!

Did you have an amazing experience with the ROH? Scan the QR code or email us at roh.comms@nhs.net

Consultant Musculoskeletal Radiologist awarded Travelling Professorship

ROH Consultant Musculoskeletal Radiologist, Rajesh Botchu, has been awarded the prestigious RCR/BSSR Travelling Professorship for 2025.

This is awarded to one person each year and will see Rajesh travel to different centres across the UK sharing his knowledge and experience in musculoskeletal (MSK) radiology.

Rajesh has worked at the Royal Orthopaedic Hospital for 11 years and has a strong research focus – he's published 375 papers in peer reviewed journals and is an editor of three textbooks. He works extensively within oncology to further radiological practices in identifying and treating sarcomas (bone and soft tissue tumours) and is a contributor to MSKRadiology4U, an educational website to support ongoing learning in radiology best practice.

His aim for the RCR/BSSR Travelling Professorship is to share his experience and raise the profile of musculoskeletal radiology through a series of lectures, and to inspire the next generation of radiologists in research and interventional radiology (minimally invasive procedures using medical imaging guidance).

Rajesh comments: ***"To be awarded this Travelling Professorship and be recognised for my work over the years is an honour. I am looking forward to sharing my experiences with radiologists across the UK and highlight the advancements in interventional radiology that contribute to improved patient outcomes."***

ROH introduces Domestic Abuse and Sexual Violence Advocate role

Working with the Trust's Safeguarding team, directly supporting victims and survivors of domestic abuse and sexual violence, the new role will:

- Engage with patients and staff who have experienced abuse (recent or historical), conducting risk assessments, and creating tailored support plans.
- With the consent of survivors, work with agencies such as police, social services, schools, and more, ensuring the victims voices are heard and their needs met.
- Offer a safe, confidential space for survivors to share their experiences, develop coping mechanisms, and access necessary services.
- Share knowledge on the impact of domestic and sexual violence, promoting multi-agency collaboration, and fostering equality to reduce health disparities.

The new Domestic Abuse and Sexual Violence Advocate commented on her main goal in this new role: ***"My mission is to ensure victims feel heard, believed, and empowered. I'm deeply committed to the safety and healing of victims and survivors of abuse and I want to ensure that no victim of domestic abuse and sexual violence within the Trust is left without the support they deserve."***

ROH Speciality Registrar awarded place on the BOA Future Leaders Programme

Mr James Archer, Specialty Registrar in Trauma and Orthopaedics, has been awarded a place on the BOA (British Orthopaedic Association) Future Leaders Programme.

The programme is for senior Trauma and Orthopaedics trainees and is designed to create an alumni of leaders with the capabilities to improve the delivery of clinical care and to influence positive change within the profession. James will deliver a significant improvement project at the Royal Orthopaedic Hospital (ROH) as part of the programme.

James comments: "I'm thrilled to be given this opportunity to develop my leadership skills while working on a continuous improvement project at the Trust.

"The project I'm looking at is a civility saves lives campaign, directly engaging the consultant and medical body. There's lots of proven benefits on how teams that work better together directly improves patient care and outcomes. Through this programme we'll be exploring how to achieve cohesive teamwork and be a better team and applying this as part of our improvement projects. We do this well at ROH, but I'm interested in finding that extra 1%, how we can go from good to outstanding."

In addition to his clinical work, James is heavily involved in training. He can often be found teaching at the ROH Knowledge Hub and has previously held the role of Academic Officer with the Birmingham Orthopaedic Trainees Association.

James' position on the programme has been partly funded by the Royal Orthopaedic Charity, which allocates a portion of funds for additional staff training in the latest techniques, treatment and best practice through its Invest in the Best appeal.

The Royal Orthopaedic Hospital shortlisted at 2025 NOA awards

We are delighted to announce that the Royal Orthopaedic Hospital (ROH) has been shortlisted in three categories at the National Orthopaedic Alliance 'Excellence in Orthopaedics' Awards 2025!

This achievement highlights our ongoing commitment to excellence in patient care, our workforce, and innovation.

- BOOM Consensus meeting information - Innovation in Orthopaedics category
- GetUBetter information - Supporting Patients on their Pathway category
- Confirm and Challenge: Nursing Workforce initiative - Workforce Initiative category

Alice Fabre, NOA Interim Programme Director, said:

"We were impressed by the range and quality of entries this year, which reflect the dedication of teams across our member organisations. Congratulations to all our finalists, and thank you to everyone who took the time to submit an entry.

We also extend our thanks to our judging panel for their time and expertise in reviewing the submissions."

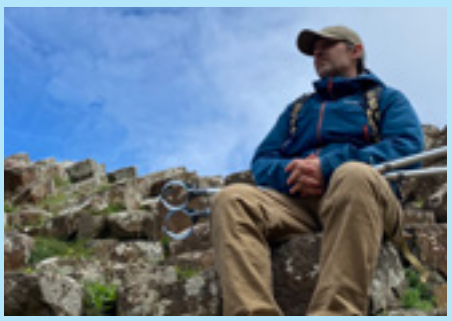
About the NOA Excellence in Orthopaedics Awards

The NOA Excellence in Orthopaedics Awards recognise NOA member organisations, projects and teams that have distinguished themselves through exemplary contributions, influence, and commitment to transforming services across orthopaedics – both clinically and non-clinically.

Check out Phil's story on the next page →

Hip Resurfacing at ROH – Phil's Story

For people with osteoarthritis of the hip which is making everyday life difficult, often the recommended approach is a hip replacement. Some patients, however, can benefit from another option – hip resurfacing.

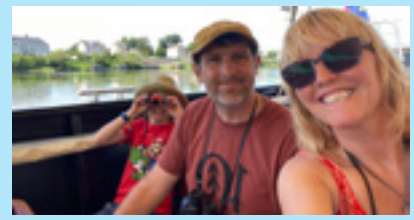


At the Royal Orthopaedic Hospital, the Birmingham Hip Resurfacing System is used to replace the ball and socket joint that makes up the hip. It is a conservative approach compared to Total Hip Replacement as the surface of the femoral head (the ball) and the acetabulum (socket) are replaced with metal.

Phil, a freelance Producer based in Manchester, researched his options when his local hospital recommended him for a hip replacement. ***"On this occasion, when I was offered a hip replacement I had the confidence to speak up and say this is what I think will be best for me – ultimately it's me and my life that's affected here. I'd done a lot of research about hip replacements and found out about hip resurfacing as an alternative. I wanted to be more active and get back into sports and exercise, and with hip resurfacing I would have much greater range of motion to support that and I'd still be in a good position to get a total hip replacement 20-30 years down the line."***

As his local hospital didn't carry out the hip resurfacing procedure, he was referred to the Royal Orthopaedic Hospital in Birmingham.

Scan/Click the QR on the right to watch Phil's story



The Royal Orthopaedic Hospital named in 2024 Inclusive Top 50 UK Employers List

The Royal Orthopaedic Hospital NHS Foundation Trust has been ranked number 8th in the 2024/25 Inclusive Top 50 UK Employers List (IT50) which was officially revealed at the Inclusive Awards on November 28, 2024.

Matthew Hartland, Chief Executive Officer of The Royal Orthopaedic Hospital (ROH), commented: "This is a fantastic achievement to be recognised in the Inclusive Companies Top 50 listings for another year. To be listed as the eighth most inclusive organisation in the UK is a great achievement and a testament to the work carried out across the Trust."

Among the initiatives ROH was recognised for is its exhibition 'Many Cultures, One ROH', which showcases the rich mix of cultures and importance of bringing your authentic self to work. The project was led by the Birmingham hospital's Multi Minority Ethnic Group, one of a number of staff networks that play a key role in building and sustaining an inclusive and wellbeing focused culture.

The ROH has also created an all-encompassing wellbeing programme for staff which includes flexible working arrangements, a purpose-built wellbeing room, and lots of initiatives to support with the cost of living. The Trust was also awarded Thrive at Work accreditation, a programme from the West Midlands Combined Authority focused on promoting employee health and wellbeing.

Jo Williams was also named CEO of the Year for her work as CEO of The Royal Orthopaedic Hospital (ROH) in Birmingham.

The ROH is one of the largest orthopaedic centres in Europe, offering planned specialist care to people locally, nationally and internationally. Jo manages to do what most leaders only aspire to do; transform an organisation by building an incredible culture which prioritises wellbeing while delivering tremendous value. She has done this by putting people first. Jo led the ROH on a journey of strategic transformation which has resulted in impressive achievements, awards, and outstanding staff experience results. Jo is currently Interim CEO of the Shrewsbury and Telford Hospital NHS Trust.

Now in its ninth year, the Inclusive Top 50 UK Employers List is the definitive cross-industry index harnessing both best practice and innovation with the goal of driving inclusion for all. It comprises the 50 most inclusive companies in the UK as chosen by a dedicated panel of judges, based on each organisation's performance across all strands of diversity - gender, disability, age, LGBTQ+, race, faith and religion.

Inclusive Companies said: ***"Each year we receive 100s of entries from organisations who submit a huge amount of evidence in respect of their inclusive practices, covering a wide range of areas and topics," says Paul Sesay, Founder and CEO of Inclusive Companies. "The IT50 List recognises employers whose culture ensures diversity and inclusion are embedded into everything they practice with the judges looking for organisations which show consistent activity and evidence of sustainable change."***

Get involved, become a member...

The role of a member is flexible; you can get involved as much or as little as you like, whether it's filling in an online survey, sharing your ideas, coming to events or volunteering. Your involvement helps connect us with our community and your feedback can help us improve the care we give. Find out more and sign up: www.roh.nhs.uk/about-us/membership

Research at the ROH

Researchers at ROH secure funding to develop cancer-killing injectable paste for bone tumours

The Dubrowsky Lab at the Royal Orthopaedic Hospital has secured a £110k grant to develop an injectable paste with anticancer and bone regenerative properties.

The project will see researchers at the Royal Orthopaedic Hospital (ROH) produce an injectable paste comprised of gallium-doped bioglass that if proved effective could be used to treat patients with primary and metastatic bone cancer.

Dr Lucas Souza, Research Lab Manager at the Dubrowsky Lab – Royal Orthopaedic Hospital and Lead Researcher for this new project, comments: *"Advances in treatment of bone cancer have reached a plateau over the past 40 years, in part due to a lack of research studies into treatments and the complexity and challenges that come with treating bone tumours. Innovative and effective therapeutic approaches are needed and this grant from Orthopaedic Research UK provides vital funds for us to continue our research into the use of gallium-doped bioglass in the treatment of bone cancer."*

Gallium is a metallic chemical element that has cancer-killing properties. When combined with bioactive glass (used in surgeries for bone tumours to stimulate new bone growth), the material can kill cancer cells that remain when a tumour is removed and promote rapid bone formation in the area. In addition, the material also prevents bacterial contamination in the surgical site. A recent study led by Aston University in collaboration with the ROH found that bioactive glasses doped with the metal have a 99 percent success rate of eliminating cancerous cells.

The injectable paste will be particularly useful in cases of bone tumours where complete tumour removal is either not possible or not recommended. This could be for a number of reasons, such as when bone tumours are located near vital organs or because the removed tumour doesn't have enough normal tissue surrounding it suggesting cancer cells may remain (this is called surgical margins). Injecting this paste by a minimally invasive procedure also offers a great solution in cases of benign but aggressive tumours and bone metastases where the harm inflicted by a large surgical procedure may be greater than its benefits.

Dr Lucas Souza adds: *"The proposed biomaterial has the potential to drastically improve treatment outcomes of bone tumour patients by reducing cancer re-occurrence, implant-site infection rates, and implant failure rates leading to reduced time in hospital beds, less use of antibiotics, and fewer revision surgeries. Taken together, these benefits could improve survival rates, functionality and quality of life of bone cancer patients."*

The new biomaterial could also be used in combination with minimally invasive interventional therapies such as cryoablation or radiofrequency ablation. Cryoablation is a way of treating bone tumours by cooling and heating them with special needles which kills the cancer cells while radiofrequency ablation achieves similar results by using radiowaves to generate heat which kills cancer cells in bone tumours.

Dr Lucas Souza will be supported by Professor Adrian Gardner, Director of Research and Development at the Royal Orthopaedic Hospital and Professor of Clinical Orthopaedics at Aston University, as well as Mr Jonathan Stevenson, Orthopaedic Oncology and Arthroplasty Consultant. The project is also supported by collaborators Professor Richard Martin and Dr Eirini Theodosiou from Aston University and Professor Joao Lopes from the Brazilian Aeronautics Institute of Technology.

ROH supports new research delivery centre

The Royal Orthopaedic Hospital NHS Foundation Trust (ROH) has successfully supported a bid to establish one of the UK's new National Institute for Health and Care Research (NIHR) Commercial Research Delivery Centres (CRDCs) to expand access to innovative clinical trials and deliver life-changing treatments to some of the UK's most underserved communities.

This transformative £7m investment will establish the Central and North West Midlands (C&NWM) Commercial Research Delivery, hosted by Birmingham Women's and Children's NHS Foundation Trust (BWC), working closely with regional partners Midlands Partnership University NHS Foundation Trust – host of Staffordshire and Shropshire, Telford and Wrekin Health Research Partnership (SSHERPA) – and the Black Country Provider Collaborative.

Professor Adrian Gardner, Research and Development Director at the Royal Orthopaedic Hospital and Professor of Orthopaedics at Aston University, said: "The ROH is delighted to be a collaborator in the Central and North West Midlands CRDC. As a specialist Orthopaedic Trust we're ideally placed to accelerate research that supports the development of life-changing treatments across orthopaedics and musculoskeletal (bone and joint) health."

Professor Lorraine Harper, Managing Director of Birmingham Health Partners and Director of the C&NWM CRDC, said: *"This is an incredibly exciting opportunity to transform the health outcomes of our communities through world-class clinical research.*

"By bringing together the expertise, resources, and passion of over 25 clinical and academic partners from across our region, we will create a thriving research ecosystem that not only delivers cutting-edge treatments but also makes clinical trials more accessible to all, including those in underserved populations. The NIHR's investment will enable us to innovate and collaborate to improve healthcare in the Central and North West Midlands."

The new CRDC will make it easier for individuals across the C&NWM region to take part in research trials for cutting-edge healthcare treatments, partnering with drug companies to deliver treatment trials in a safe and responsible way. The new centre will also work closely with local businesses, patient groups and charities to help it reach a broad range of communities, including those that haven't taken part in research before.

The C&NWM region, home to 4.2 million people, includes many of the UK's most economically deprived communities who face significant health inequalities and higher rates of serious illness. The CRDC will focus on addressing these inequities by increasing access to clinical trials for patients who have the greatest need – dovetailing with BHP's strategic focus on addressing health inequalities and giving greater opportunities for residents to participate in research.

Innovative approaches such as community-based trial locations, mobile research units, and digital technologies will ensure the CRDC reaches individuals who have never previously participated in research. Public involvement will be central to every stage of the Centre's work, ensuring that its methods are inclusive, supportive, and effective in addressing local healthcare challenges.

Professor Lucy Chappell, Chief Executive Officer of the NIHR and Chief Scientific Adviser at the Department of Health and Social Care, said: "Clinical trials help improve lives. Boosting *the NHS's capacity to deliver commercial clinical research through these new Commercial Research Delivery Centres will support recruitment across all communities and bring innovative treatments to patients.*

"The effects of these centres will be felt right across the four nations, bringing investment into the UK's life sciences sector."

£72 million investment

A total of 20 CRDCs are being established across the UK. In addition to the CRDCs in England, there will be four in Scotland, and a one nation approach in Wales and Northern Ireland. As part of the 10 Year Health Plan, the centres will shift clinical trials beyond large hospital trusts and into community settings, meaning those in underserved regions will now be able to participate in research, boosting access to new treatments in the trial stage.

This £72 million investment over seven years, beginning in April 2025, is awarded from the £400 million Voluntary Scheme for Branded Medicine Pricing, Access, and Growth (VPAG) Investment Programme and partly from NIHR in England.

The VPAG programme is a unique partnership between the UK Government and the pharmaceutical industry to boost the global competitiveness of the UK life science sector and stimulate economic growth. It will invest up to £300 million to bolster commercial clinical trial activity and help advance the delivery of new medicines and vaccines to patients.

The full list of partners is as follows (BHP members highlighted bold)

- HOST: **Birmingham Women's and Children's NHS Foundation Trust**
- **Aston University**
- **Birmingham and Solihull Mental Health NHS Foundation Trust**
- **Birmingham Community Healthcare NHS Foundation Trust**
- Black Country Healthcare NHS Foundation Trust
- Dudley Integrated Health and Care NHS Trust
- East Staffordshire PCN
- Keele University
- Midlands Partnership NHS Foundation Trust
- Modality Partnership Limited
- NHS Birmingham and Solihull Integrated Care Board
- NHS Black Country Integrated Care Board
- NHS Shropshire, Telford and Wrekin Integrated Care Board
- NHS Staffordshire and Stoke-on-Trent Integrated Care Board
- North Staffordshire Combined Healthcare NHS Trust
- **Sandwell and West Birmingham NHS Trust**
- Shrewsbury and Telford Hospital NHS Trust
- Shropshire Community Health NHS Trust
- Solihull Healthcare Partnership
- The Dudley Group NHS Foundation Trust
- **The Royal Orthopaedic Hospital NHS Foundation Trust**
- The Royal Wolverhampton NHS Trust
- **University Hospitals Birmingham NHS Foundation Trust**
- **University of Birmingham**
- Walsall Healthcare NHS Trust

Preparing for a Total Knee Replacement

Do you have an upcoming total knee replacement? Total Knee Replacements are a routine procedure, to help people with knee pain from osteoarthritis gain back their independence. To help you recover after your surgery, getting yourself as fit and healthy as possible beforehand is really important. Our experts at the Royal Orthopaedic Hospital have pulled together some recommendations on how you can best prepare for a total knee replacement.

1. Maintain activity levels

Exercise might be difficult due to your knee pain but maintaining or if possible, increasing your activity levels will help with your recovery. Swimming, walking and cycling (stationary bike) can safely allow you to improve your fitness. Listen to your body and stop if any exercises are increasing your pain too much.

2. Improve muscle strength and flexibility

Having stronger muscles around the knee before surgery has been shown to increase the speed of recovery. Performing the following exercises can help to build the muscles in front of your thigh (quadriceps) and improve the movement of your knee. Make sure you warm up first – a gentle walk for a few minutes gets the blood flowing into your muscles, helping to prepare you for activity.

Below are a few exercises to help improve your strength and flexibility in the muscles around the knee.

3. Eating a healthy diet and maintaining a healthy weight

Eating a healthy diet will ensure your body has all the nutrients it requires ahead of surgery and help speed up your recovery. Maintaining a healthy weight can also help to reduce post-operative complications.

4. Plan ahead

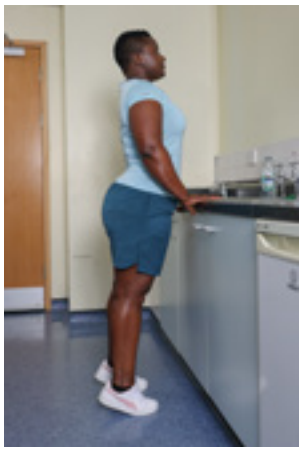
Make plans for how you will manage after the operation. Many everyday activities including dressing, washing, putting on shoes or slippers, getting on and off the toilet will be more difficult and will take longer until you are more mobile. The support of family and friends will be important in the weeks after your surgery, both for practical tasks and to help keep your spirits up. If you live alone and do not have family or friends close by, try to organise support in advance. Consider having friends or family come to stay with you for the first few days after surgery if possible.

Phil shares his journey and how preparing for his knee replacement put him in a great place for recovery – he even appeared in his golf club's Christmas pantomime five weeks after surgery! Scan/Click the QR code to watch his story!

Quadriceps strengthening – sit to stand

- **Sit on a chair with your arms folded.**
- **Slowly stand up without using your arms.**
- **When upright, return slowly to the chair again without using your arms.**
- **Repeat 10 times.**

Calf strengthening - heel raise



- **In standing position, hold onto a sturdy support with both hands.**
- **Push up on your toes**
- **then slowly lower.**
- **Repeat 10 times.**

Knee flexion and extension

- **Lying on your back with your knee straight.**
- **Slowly bend the affected knee as far as comfortable.**
- **Hold the position for 10 seconds and then slowly return to a straightened position.**
- **Repeat 10 times.**

Calf strengthening - heel raise

- **Lying on your back. Pull the foot and ankle up**
- **Straighten the knee and lift the leg approx. 20cm off the bed.**
- **Hold for 5 secs then slowly lower. Repeat 10 times.**

LESS PAIN
MORE INDEPENDENCE
LIFE-CHANGING CARE

NHS
The Royal Orthopaedic Hospital
NHS Foundation Trust

Get the most out of your appointment

Ask 3 questions...

Make the most out of your appointment with your healthcare professional by asking these three questions.

It's ok to ask questions, we're here to help

www.roh.nhs.uk/3qs

NATIONAL ORTHOPAEDIC ALLIANCE

As a founding member organisation of the National Orthopaedic Alliance (NOA), ROH is part of a multi-disciplinary network of orthopaedic providers leading on collaboration in orthopaedics. We play a key role in the alliance's success.

NOA benefits for ROH staff
All colleagues at ROH can attend NOA webinars, workshops, meetings, and events for free! Get the latest updates and find out about other member benefits on the NOA website: www.nationalorthopaedicalliance.co.uk

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Website members' area: register to the members' area of the NOA website to access even more resources and information. **Register here:** bit.ly/NOAMembersArea

Sign up: You can register to receive the NOA newsletter here: bit.ly/NOAMemberNewsletter

Get in touch
Email: info.noa@nhs.net

Registration Open for National Orthopaedic Alliance Conference & Awards 2025

The Royal Orthopaedic Hospital (ROH) is proud to be a member of the National Orthopaedic Alliance (NOA), a multidisciplinary organisation championing collaboration in orthopaedics. The NOA invites colleagues at ROH to attend the NOA Annual Members' Conference and Awards 2025—an opportunity to connect with peers, celebrate excellence, and explore innovations shaping the future of orthopaedic care.

Why Attend?

- **Earn CPD points:** the conference is now CPD certified.
- **Learn from experts:** Engage with leading figures in orthopaedics and MSK health through expert-led sessions and presentations
- **Celebrate excellence:** Witness presentations from finalists of the NOA Excellence in Orthopaedics Awards, recognising outstanding contributions and innovations in the field. ROH has been shortlisted in three categories: Innovation in Orthopaedics, Supporting Patients on their Pathway, and Workforce Initiative.
- **Network with peers:** Connect with colleagues from NOA member organisations, sponsors, and exhibitors
- **Join the celebrations:** Enjoy the post-conference drinks reception.

Event Details

- **Date:** 15th May 2025
- **Location:** The Birmingham Conference & Events Centre, Hill Street, Birmingham, B5 4EW
- **Time:** Arrival from 8:30am, with opening address at 9:30am. The main conference will conclude at 4:30pm, followed by a drinks reception 4:30–6:00pm.

Registration

Registration Deadline is 1 May 2025. Scan the QR code below for full details and to secure your place.

For more details, visit the NOA website or contact the team at **info.noa@nhs.net**

Opportunities to get involved in 2nd Annual Orthopaedic Nursing and AHP Conference, hosted by the ROH

This year's Orthopaedic Nursing and AHP conference is CPD certified and open to NHS colleagues to attend free of charge. The event will explore the theme "Advancing Care and Patient Safety Through Research, Innovation, and Excellence." Attendees will have the opportunity to learn from experts in orthopaedic care, hear about latest developments, and engage with a multidisciplinary team dedicated to enhancing patient safety.

Opportunities to get involved:

- **Register to attend:** Secure a spot to attend. As spaces are limited, early registration is encouraged.
- **Call for abstracts:** Share your research and expertise with a multidisciplinary audience. Abstract submissions close on **17th March 2025.**
- **Poster competition:** Showcase innovative ideas aimed at improving care and patient safety. Poster submissions are due by **4th April 2025.**

For further details, including submission guidelines and registration, visit the event web pages on the ROH website or contact **roh.comms@nhs.net.**

Scan/Click the QR code below to view our events page

Enhancing Recovery following Total Knee Replacement

Advanced Practice Physiotherapist at the Royal Orthopaedic Hospital, Ryan Pope, shares recommendations for getting the most out of your recovery after a Total Knee Replacement. To help enhance recovery after a knee replacement, think about:

1. Early mobilisation
2. Pain control
3. Controlling swelling
4. Manage expectations
5. Rehabilitation exercises
6. Gradually increasing activity levels

Early Mobilisation

You will be encouraged to begin moving your knee and walking as soon as possible after surgery. Getting out of bed and mobilising after your knee replacement has been shown to improve the recovery process and minimise post operative complications.

Pain control

Pain is commonly experienced following a total knee replacement. It is important to ensure this pain is well controlled to enable your recovery. Patients will often stop taking pain relief too quickly and this can then impact their ability to exercise and participate in physiotherapy. Pain at night which affects your sleep is common and very few people are sleeping through the night at 6 weeks after surgery.

Control Swelling

A certain amount of swelling in your knee is quite normal after a knee replacement. In the first few weeks following surgery the goal is to try to control the amount of swelling in your knee. This can be done with regular movement of your knee and ankle, elevating your leg and applying ice wrapped in tea towel. Your physiotherapist will advise you on this further.

Manage Expectations

Following surgery you may feel tired and emotional as your body uses more energy to heal itself. It may take a little while to regain your full confidence following a knee replacement. Don't be too hard on yourself about this and try not compare yourself to other people who have had a similar surgery. Everyone is individual and will recover at different rates. The full benefit of a knee replacement may take 6-12 months so be kind to yourself in the first few months after surgery.

Rehabilitation

After a knee replacement you will be provided with exercises by your physiotherapist to help with the movement and strength of your knee.

Knee range of movement - Following surgery you will need to perform exercises to improve the movement of your knee. It is important to work on the bending and straightening of your knee. When resting or laying in bed it is advised not to put a pillow under your knee as this can make straightening your knee more difficult.

Knee strengthening - It is important to perform these exercises regularly to aid recovery. Muscle strength requires 3-6 months of consistent exercise so you should continue to perform your exercise programme for 12 months after your procedure.

Gradually Increase Activity Levels

Following surgery you should gradually increase your walking and physical activity levels. You may feel more tired than normal. You will start walking short distances with the aid of a frame or crutches. The aim is to gradually increase the distance you can walk. Maintain your daily routine by getting up at normal time and getting dressed. If you get tired you can rest later in the day.

WAITING WELL FOR YOUR TREATMENT

For more information on waiting well for your treatment please visit the ROH website via the QR code:

Our amazing charity!

28 years of ROC!

We have officially been supporting The Royal Orthopaedic Hospital for 28 years, providing support 'above and beyond' what the NHS is able to provide to ultimately enhance the experience of the hospital.

Over **£2,000,000** worth of projects has been funded by ROC over the last 5 years. Which have enhanced the experience and care of our patients, as well as supported the wellbeing of staff, students, carers and family members.

Why not be part of our journey?

For our birthday this year we are asking for your help.

Gifting £5 this March for our Birthday, will support one of our many causes, affecting patients, staff, students and researchers at the hospital.

Simply donate via our website, select an appeal to support and submit your gift.

www.rohcharity.org/make-a-donation

Become a ROCstar!

We are looking for keen members of the community to become Charity ambassadors for ROC, our very own ROCstars!
Anyone can apply, you need a keen interest in fundraising, a passion for the hospital and making a difference.
If you would like to get involved or get some more information, visit the charity website or get in touch via: roc@nhs.net.

Check out our shop!

ROC is excited to announce that once again we will be offering hoodies available for staff to purchase.
Hoodies are £20 each.
To place an order for your hoodies, please email roc@nhs.net with your size and quantity you'd like to order.

Leave a little Thank You

Check out our thank you campaign, designed to both spread awareness of Royal Orthopaedic Charity and spread love and cheer to staff across the Royal Orthopaedic Hospital.

The campaign is simple, patients can write a note of thanks to a team, individual, department or service within the hospital and ROC will make sure it is delivered directly to them!

Pick up a card in our main outpatients or fill one out online!
To take part or find out more, by scanning the QR code.

FOLLOW US ON SOCIAL MEDIA:
/FUNDROH @FUNDROH @FUNDROH

CHECK OUT OUR WEBSITE:
WWW.ROHCHARITY.ORG

How your support helps

Fundraising Story: Grace Elise Winterburn

"I'm Grace, 21 years old. On 26th February 2015, I underwent 12-hour spinal fusion surgery to correct my 90 and 60 degree scoliosis (a condition where the spine has a curvature/s, making it difficult to do many day-to-day tasks, and can limit flexibility, breathing, lung capacity and can affect various organs) at the Royal Orthopaedic Hospital in Birmingham at age 11.

I've chosen the Royal Orthopaedic Hospital as my charity to raise money to thank them for looking after me when I was at my weakest and most vulnerable, hoping this money can help others who are in the position I was in- no amount money could ever show how grateful I am for all those who cared for me, I don't think I'd even be here if it wasn't for this most amazing team of humans!

Fast forward 10 years, I'm living life to the fullest and feeling my strongest with 2 titanium rods and 23 screws in my spine (with a slight curvature of 19 degrees) and documenting my fitness journey on my Instagram and TikTok @ fusedfitnessbygrace, to inspire and encourage others with scoliosis and spinal fusion that anything is possible.

The AJ Bell Great Birmingham Run will be my first half-marathon and I can't wait to show everyone that our spines will never stop us!"

Health Hacks

Health hacks are back!
We are working with Bournville All-Through School for our next round of health hacks this spring. We'll be chatting to pupils in Year 4 & 5 about the human body, exploring the role of healthcare professionals and helping them understand the importance of taking care of overall health and wellbeing, inspiring them to lead healthier lifestyles.
To find out more about this new ROC initiative, visit rohcharity.org/health-hacks/
If your school would like to get involved email roc@nhs.net

Patient Story: Gareth

In 2017 Gareth was diagnosed with a rare benign tumour that grows on the surface of the bone. After surgery and intense recovery, Gareth is now sharing his story in the hope to both raise awareness and support others with a similar diagnosis.
"We are incredibly grateful for the excellent support of the NHS and the ROH in particular as we navigated the physical, emotional and practical sides of this condition. I hope you can support in any way to help this great charity keep up the good work!"
Visit https://rohcharity.org/ourwork/stories/ to read his full story!

Key Fundraising dates

Add the following dates to your diary!
All free to sign up, simply email roc@nhs.net to get involved.

- Easter Bake Sale Thursday 17th April, **BAKERS NEEDED!**
- Great Birmingham Run 4th May
- Jurassic Coast Challenge 3rd - 4th May
- London 2 Brighton 24th – 25th May
- Lake District Challenge 7th – 8th June
- Cotswold Way Challenge 21st – 22nd June
- Gower Peninsula Challenge 19th – 20th July

please email roc@nhs.net to get involved!

Blue Heart Awards Sponsorship

ROC are proud to fund the annual Royal Orthopaedic Hospital's Blue Heart Awards to celebrate the 'heart of healthcare' and the amazing things our staff and teams achieve everyday to go above and beyond to support patients.

We are actively seeking corporate support to ensure this event delivers on its promise of being the 'best night of the year' for our amazing hospital. **If you or your business is interested in getting involved you can contact ruth.hughes35@nhs.net for more information!**

ROC
ROYAL ORTHOPAEDIC CHARITY

WWW.ROHCHARITY.ORG

0121 685 4379

roc@nhs.net

Registered Charity Number: 1078046

Donate to the work of the Royal Orthopaedic Charity by scanning the QR code

Tea Break Brain Teaser

Quiz Challenge

1. The region known as Bohemia is in which European country?
2. Anaemia is caused by a deficiency of which mineral in the human body?
3. A lepidopterist is someone who studies what?
4. The strong wind which circles the earth at high altitudes is given what name?
5. Which British artist won the Turner Prize due in part to his exhibit of a cow and calf in formaldehyde?

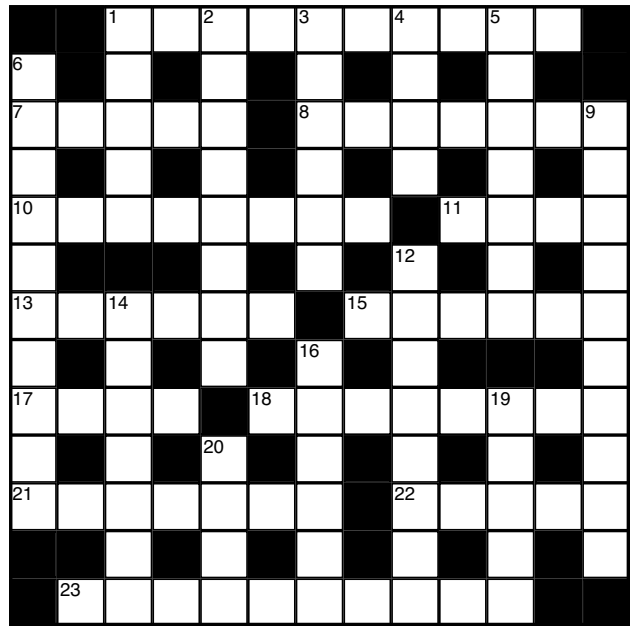
GETTY IMAGES

Keanu Reeves – see Question 7

6. Athlete Max Whitlock is a British Olympic champion in which discipline?
7. Keanu Reeves plays a hitman forced out of retirement in which film series?
8. The House of Lords and the Queen of the Fairies feature in which Gilbert and Sullivan operetta?
9. What P is a type of mushroom and a London road known for its market?
10. Chefs Marcus Wareing and Monica Galetti are judges on which TV cooking show?

Two-Timer Crossword

Can't solve one – then try the other! Two sets of clues both leading to the same answers



CRYPTIC CLUES

Across

1. It isn't the game in which to cheat (3,7)
7. Of no legal force by a ravine (5)
8. Parka Penny and I exchanged for some pepper (7)
10. Beat worker first with restraint (8)
11. Have a breather with a small measure (4)
13. Goat's milk product (6)
15. Nevertheless still rings back (4,2)
17. Mum had no leading food (4)
18. A printer turned turtle (8)
21. Pursued in dogged fashion (7)
22. Low joint (5)
23. Social worker reported to be an elected member (10)

Down

1. Some satiny long johns made of synthetic material (5)
2. Foolish chatter about Hungary's first prime minister (8)
3. Loudest musical work I am right to raise as a con trick (3-3)
4. Reproduction of ape (4)
5. Omission of lions that is peculiar (7)
6. Legal position of soccer sub (2,3,5)
9. Versatile sportsman circumnavigating the world? (3-7)
12. Rigorous examination above the entrance room, say (8)
14. Suet Tod mixed in a wheeled shelter (7)
16. Tamper with the sea before being led off (6)
19. Stiff card game? (5)
20. Garden became river for predecessor of 2 Down (4)

QUICK CLUES

Across

1. Playing unfairly (inf.) (3,7)
7. Indian watercourse (5)
8. Pimento (7)
10. Shackle (8)
11. Fish organ (4)
13. Dairy spread (6)
15. All things considered (4,2)
17. Eat enthusiastically (inf.) (4)
18. Type of tortoise (8)
21. Badgered mercilessly (7)
22. Part of leg (5)
23. Advisor (10)

Down

1. Stocking fabric (5)
2. Roof worker (8)
3. Swindle (slang) (3-3)
4. Duplicate (4)
5. Suppression of syllable (7)
6. Acting as reserve player (2,3,5)
9. Accomplished and adaptable person (3-7)
12. Examine and repair (8)
14. Movable screen for soldiers (7)
16. Interfere (6)
19. Fireside implement (5)
20. Biblical paradise (4)

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

6	5			3	4	9	8	
	7				6			
4			1			5	7	6
				1		7	4	2
2			6					
	3	1	9		2	8		5
8		4			5	3		
	1		4		7			8
5		7	3					

CROSS CODE

26	13	23	16	22	19	11	5	■	15	4	2	23
4	■	19	■	13	■	13	■	13	■	22	■	11
23	19	23	13	17	17	5	■	7	19	17	1	16
7	■	13	■	17	■	7	■	3	■	2	■	13
■	12	17	19	19	9	■	6	16	20	16	17	7
7	■	■	■	25	11	19	4	9	■	7	■	4
25	19	17	16	■	13	11	18	■	7	23	13	11
16	■	2	■	7	20	16	25	23	■	■	■	16
26	19	21	21	2	14	■	7	16	2	24	16	■
2	■	23	■	10	■	8	■	7	■	16	■	21
21	13	2	14	23	■	19	26	23	19	12	16	11
2	■	14	■	8	■	4	■	16	■	11	■	16
26	13	22	16	■	22	11	13	9	4	13	23	16

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19 O	20	21 F	22	23	24	25	26 C

Each number in the grid represents a letter. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.
As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

MAGIC SQUARE

THIS RAIN ENRICHES

Using all 16 letters of the sentence above, form four words each of four letters which, when placed correctly in the grid, will form a magic square in which the words can be read both horizontally and vertically.

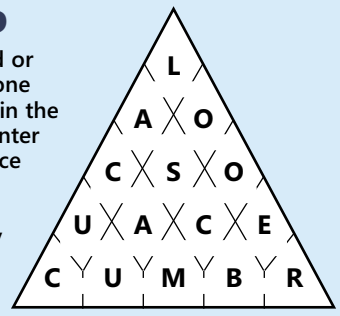
BOX CLEVER

Fill the 6x6 grid with as many boxes as there are numbers printed. Each box must be either square or rectangular and must contain just one of the numbers. The numbers show how many squares there should be in each box.

	10				
					6
		6			
		2		3	
4	2			3	

WORD PYRAMID

Spell out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any of the chambers.



SOLUTIONS

TWO-TIMER CROSSWORD:
Across – 1 Not cricket; 7 Nullify; 8 Paprika; 10 Handcuff; 11 Gill; 13 Butter; 15 Even so; 17 Nosh; 18 Terrapin; 21 Hounded; 22 Ankle; 23 Counsellor.
Down – 1 Nylon; 2 Thatcher; 3 Rip-off; 4 Copy; 5 Elision; 6 On the bench; 9 All-rounder; 12 Overhaul; 14 Testudo; 16 Meddle; 19 Poker; 20 Eden.
WORD PYRAMID: Cool as a cucumber.
MAGIC SQUARE: chin; hare; iris; nest.

QUIZ CHALLENGE:
1 The Czech Republic; 2 Iron; 3 Butterflies; 4 The Jetstream; 5 Damien Hirst; 6 Gymnastics; 7 John Wick; 8 Iolanthe; 9 Portobello; 10 MasterChef: The Professionals.

CROSS CODE:

V 1	I 2	K 3	U 4	Y 5	J 6	S 7	H 8	D 9	X 10	R 11	B 12	A 13
N 14	Q 15	E 16	L 17	M 18	O 19	W 20	F 21	G 22	T 23	Z 24	P 25	C 26

BOX CLEVER:

	3			2	4
	3		2		
			6		
6					
				10	

SUDOKU:

6	5	2	7	3	4	9	8	1
1	7	9	8	5	6	4	2	3
4	8	3	1	2	9	5	7	6
9	6	8	5	1	3	7	4	2
3	1	6	4	9	7	2	5	8
8	9	4	2	6	5	3	1	7
7	3	1	9	4	2	8	6	5
2	4	5	6	7	8	1	3	9
5	2	7	3	8	1	6	9	4

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If you have any questions about ROH Life contact roh.comms@nhs.net

LESS PAIN
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