

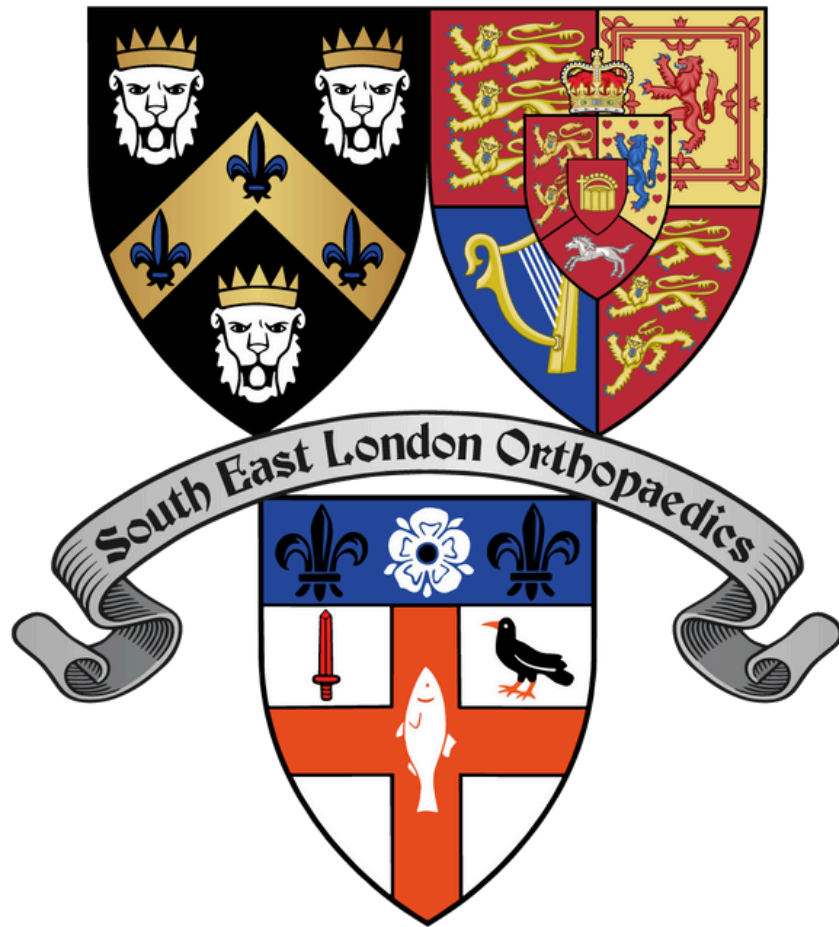


# South East London Orthopaedics Academic Meeting



**Friday 16th May 2025**

**116 Pall Mall, London SW1Y 5ED**



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# TPD Welcome

Hello,

A very warm welcome to all of you attending the South East London Orthopaedic Meeting.

It is a true pleasure to open this important gathering of dedicated surgeons, passionate researchers, and emerging talents from across the region. At its heart, this meeting embodies the spirit of collaboration and continuous learning that drives innovation in orthopaedics and ultimately improves the lives of the patients we serve.

South East London Orthopaedics is more determined than ever to support trainees as they develop their passions and carve out the career paths they envision, while also fostering a stronger, more cohesive community.

As Training Programme Director, I am proud to be part of an event that not only champions clinical excellence and research, but also encourages the open exchange of ideas in a supportive and inclusive environment. Whether you are presenting, participating, or here simply to learn, your contribution is genuinely valued.

Thank you for being here today. I wish you all a stimulating, productive, and inspiring meeting.

All the very best,

Di Back  
Training Programme Director  
South East London Orthopaedic Rotation



# Chair Welcome

Hello!

Welcome to the 2025 South East London Orthopaedics Meeting!

This year's meeting takes place at 116 Pall Mall, a magnificent Georgian building in the heart of London, just moments from some of the city's most iconic landmarks. Opened in 1828 and now home to the Institute of Directors, the venue offers a perfect blend of history and prestige. Fun fact, Pall Mall is known for its historic gentlemen's clubs, fine shops, and being one of the first streets in London to have gas lighting. The picturesque street is a pic for the gram!

Building on the success of last year, this year's programme features an exciting line-up of sessions and inspiring speakers from both within and beyond our region. Alongside the academic content, we have planned a vibrant social schedule, including post-meeting drinks at The Admiralty and a Gala Dinner at The Travellers Club.

The Admiralty, a traditional pub inspired by HMS Victory and the Battle of Trafalgar, offers a historic setting overlooking Nelson's Column. As London's most central pub, it's the perfect place to toast the day's discussions. Meanwhile, the Travellers Club, founded in 1819, was established as a meeting place for individuals who had travelled widely and as a welcoming space for diplomats and foreign visitors. It is especially fitting that this year we are joined by distinguished guests, bringing the club's founding ethos full circle as we connect across regions, disciplines, and borders.

As trainees, we are incredibly proud of our region and are excited to welcome you to the annual showpiece of the South East London Orthopaedic Rotation. Your feedback is always invaluable, and we will be sharing a short post-event questionnaire to hear your thoughts.

We hope you enjoy the day!

Best wishes,

Charmilie Chandrakumar  
Chair, William Cheselden Committee 2025  
South East London Orthopaedic Rotation



Meeting  
116 Pall Mall



Post-Meeting  
The Admiralty, Trafalgar Square



Dinner  
106 Pall Mall





# About Us

The South East London Orthopaedic Rotation is one of the most geographically compact deaneries in the UK, yet it provides exceptional access to state-of-the-art orthopaedic facilities and expert trainers. Established in 2012, it was formerly part of the South East Thames Rotation before being restructured by Health Education England into South East London, South West London, and Kent, Surrey & Sussex (KSS).

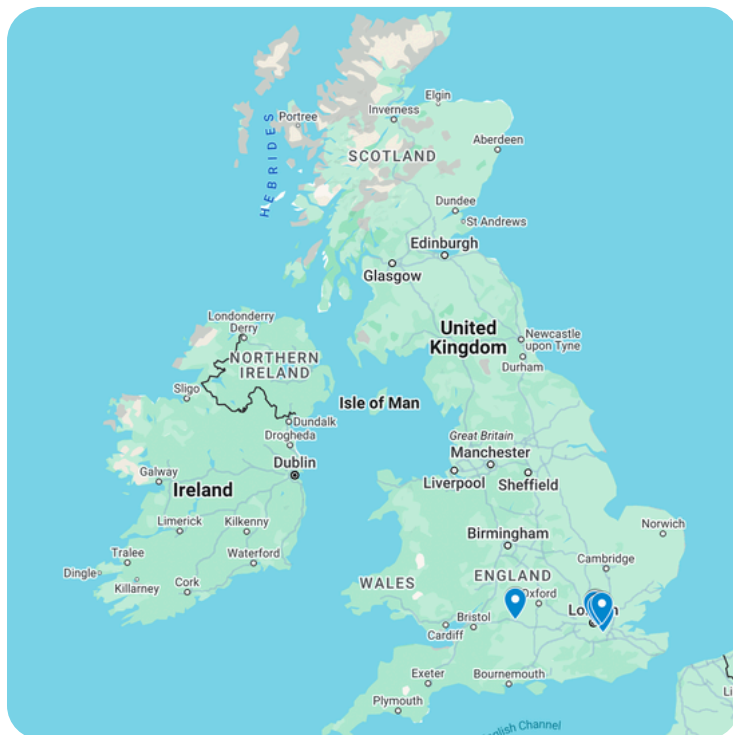
This dynamic rotation is dedicated to delivering a comprehensive and supportive training experience, with a strong focus on high-quality education, research, and fellowship opportunities. We maintain close collaborative ties with neighbouring deaneries in KSS and South West London, enabling joint teaching sessions led by internationally recognised trainers. The educational programme includes symposiums, hands-on workshops, and mock vivas tailored to FRCS exam preparation, ensuring trainees are well-prepared for national exams and in securing their desired consultant roles.

The deanery also promotes active research engagement. Several district general hospitals contribute to national collaborative projects, generating impactful outcomes that are frequently presented at international conferences.

Trainees gain broad exposure to a wide range of orthopaedic sub-specialties through placements at high-volume district general hospitals and world-class centres, including the Evelina Children's Hospital, King's College Hospital (the Major Trauma Centre for the South East), and Guy's & St Thomas' Hospitals, the latter of which is one of the top ranked hospitals in the UK.

For those seeking sub-specialisation, Guy's & St Thomas' offers prestigious fellowships in Hip Arthroplasty (with a focus on young adult hip conditions), Knee Preservation, Shoulder and Elbow Surgery, Hand Surgery, and Spine Surgery in partnership with the National Hospital for Neurology and Neurosurgery.

King's College Hospital provides distinguished fellowships in Advanced Trauma and Lower Limb Reconstruction, Upper Limb Surgery, and Diabetic Foot management, placing trainees at the forefront of orthopaedic innovation and care.



# William Cheselden Committee 2025



**Miss Charmilie Chandrakumar**  
Chair



**Mr Kem Ekpo**  
Treasurer & BOTA Rep



**Mr Raf Ghani**  
Webmaster



**Mr Vikram Vignaraja**  
Merchandise



**Mr Tim Davis**  
Merchandise



**Mr Miles Benjamin**  
Sponsorship



**Miss Ella Kissin**  
Alumni

## Acknowledgements

We would like to express our deepest gratitude to our Training Programme Director, Miss Di Back, for her unwavering support during the organisation of this meeting and throughout our entire training journey.

A special thanks goes to the William Cheselden Committee from last year, whose efforts in reviving the regional meeting following the COVID-19 pandemic were invaluable. We would like to acknowledge Mr Ash Simpson, whose work in helping to re-establish the meeting last year laid important groundwork. We are truly grateful for the continued insights provided by our deputy TPD Mr Ragbir Khakha, Mr Zameer Shah, Mr Christian Smith, Mr James White and Mr Thana Srirangarajan.

We wish to express our heartfelt appreciation to Mr Ash Vasireddy, who has been instrumental with facilitating the programme. In addition, we are immensely indebted to Mr Karthik Karuppaiah, Miss Ines Reichert, Mr Alex Charalambous, Mr Alistair Tindall, Mr Tien Yeoh, Mr Akshay Date, Miss Elizabeth McLean and Mr Rateb Katmeh for their contributions towards the meeting.

Finally, we would like to thank our fellow trainees and trainers for their enthusiasm and passion for the meeting. Your input, in whatever form, has been indispensable. Thank you!



# Agenda

08:00 - 08:15	<b>Registration</b>
08:15 - 08:20	<b>Welcome</b> Miss Charmilie Chandrakumar - Chair
08:20 - 08:30	<b>Deputy Training Programme Director Address</b> Mr Raghubir Khakha, Guy's & St Thomas'
08:30 - 09:00	<b>Scientific Papers Session 1</b>
09:00 - 09:30	<b>The Future of Diversity in Surgery</b> Miss Samantha Tross, Ealing
09:30 - 10:20	<b>The Great Foot &amp; Ankle Debate</b> Mr Ali Abbasian (GSTT), Mr Robbie Ray (PRUH), Mrs Natasha Hossain (Brighton) & Mr Lucky Jeyaseelan (RLH) Chair: Mr Sunil Bajaj (Lewisham & Greenwich)
10:20 - 10:40	<b>Break</b>
10:40 - 11:10	<b>Scientific Papers Session 2</b>
11:10 - 11:40	<b>Whistle-stop Tour of Trauma Surgery</b> Professor Heather Vallier, Cleveland Clinic, Cleveland, Ohio, USA
11:40 - 11:50	<b>Gold Sponsor</b>
11:50 - 12:40	<b>Trauma - What Do We Fix?</b> Miss Sharon Scott (Liverpool), Mr Pete Bates (RLH) & Mr Karthik Karuppaiah (King's) Chair: Mr Ash Vasireddy (King's)
12:40 - 13:40	<b>Lunch &amp; AGM</b>
13:40 - 14:10	<b>Scientific Papers Session 3</b>
14:10 - 14:40	<b>Overcoming the Odds: How My Biggest Wins Have Come From My Biggest Losses</b> Dr Antonio Webb, South Texas Spine & Surgical Hospital, San Antonio, Texas, USA
14:40 - 15:00	<b>Break</b>
15:00 - 15:30	<b>Reflections on the Art of Diplomacy: Leading and Managing International Teams</b> Mr Matt Palmer, Chargé d'Affaires, a.i., Embassy of the United States to the United Kingdom
15:30 - 15:45	<b>Awards</b>
15:45 - 15:55	<b>Training Programme Director Address</b> Miss Di Back, Guy's & St Thomas'
15:55 - 16:00	<b>Treasurer Update</b> Mr Kem Ekpo - Treasurer
16:00	<b>The End</b>





# Presentations

## Session 1

**A quality improvement project: the introduction of a neck of femur fracture patient information leaflet**

**Jonathon Kyriakides**, Ashis Paul, Osman Khan

**Intramedullary Nailing Provides Excellent Outcomes And Low Re-Operation Rates In Midshaft Clavicle Fractures**

Spilios Dellis, **Timothy Davis**, Henry Bowyer, Elizabeth McLean, Dimitrios Karadaglis, Jagwant Singh

**Health-Related Quality of Life in Patients With Plantar Fasciopathy: Comparison to the General Population of the United Kingdom**

**Benjamin Lau**, Zoe Little, Kirsty Robertson, Thomas Lewis, Randhir Francis, Ahmed Latif, Roland Walker, Ali Abbasian

**Custom Cage-Plate With Allograft Bone Augmented by a Periosteal Flap for Failed Total Wrist Arthroplasty With Extensive Osteolysis**

**Samuel Franklin**, Tim Karbowiak, Kalpesh Vaghela, Chris Little, Asmat Din, Sam Gidwani

## Session 2

**A Multicentre Analysis Of Open Distal Radius Fractures In Major Trauma Centres; Is Delayed Surgery Safe?**

**Christopher Bano**, Arthur Tan, Monica Davies, Safeer Javid, Karthik Karuppaiah, Adel Tavakkolizadeh, Simon Bellringer, Ramon Tahmassebi

**Functional Outcomes of Short Stem Total Hip Arthroplasty - Systematic Review and Meta-Analysis**

Mohammad Elbanna, **Vikram Vignaraja**, Jonathon Kyriakides, Talal Al-Jabri, Thomas Lewis, Stamatios Tsamados, Mohit Bansal, Zameer Shah

**Current Trends in Management of Recurrent Patella Dislocation in the Paediatric and Adolescent Population:**

**A Systematic Review**

**Omeair Khan**, Bryan Chew, Arash Afsharpad

**The Cost of Implant Waste in Trauma Orthopaedic Surgery and Sustainability Considerations: An Observational Study**

Rasi Mizori, Fizza Ali, Muhyman Sadiq, Yasser Al Omran, **Charmilie Chandrakumar**, Thomas Lewis, Omar Musbahi, Karthik Karuppaiah

## Session 3

**Analysis of Consent Rates for the National Joint Registry**

**Evan Wright**, Harry Middleton, Rishabh Jain, William White

**WhichAudit.com: An AI inspired Resource for Trainees' Continuing Professional Development**

**Miles Benjamin**, Ragbhir Khakha

**Is Both Component Versus Single Component Revision for Periprosthetic Femoral Fractures Safe and Effective?**

**Questioning the 'Less Is More' Approach**

**Zaid Marhoon**, Georgios A Loumpardias, Charalampos Papadopoulos, Joseph Makeen, Dominic Davenport

**Outcomes of Cemented vs Uncemented THR in Sickle Cell patients - Systematic Review and Meta-Analysis**

Cary Tang, Swetha Vignaraja, Mohammad Elbanna, **Kem Ekpo**, Vikram Vignaraja, Irfan Mercant, Thomas Lewis, Jerome Davidson

**Teaching Registrars Minimally Invasive Hallux Valgus Corrective Surgery: Study Comparing Outcomes Between Patients Operated On By A Consultant Trained In MIS Techniques vs Registrars Under Consultant Supervision**

**Ayla Newton**, Benjamin Lau, Thomas Lewis, Samuel Trowbridge, Vikram Vignaraja, Samuel Franklin, Robbie Ray

### Judges

Miss Ines Reichert, Mr Zameer Shah, Prof Venu Kavarthapu

Mr Alex Charalambous, Mr Robbie Ray

Mr Tom White, Mr Pranab Sinha



# Guest Speakers

## Mr Matthew Palmer



Mr Matthew Palmer is the Chargé d'Affaires, a.i., at the US Embassy London. Previously, he was Deputy Assistant Secretary in the State Department's Bureau of European and Eurasian Affairs and the Secretary of State's Special Representative for the Western Balkans.

Over the course of a thirty-year career, Mr Palmer has been posted to Belgrade, Nicosia and the U.S. Mission to the United Nations. In Washington, he has served on the Secretary's Policy Planning Staff and at the National Security Council.

Mr Palmer is the author of an award-winning series of novels featuring American diplomats as protagonists. He is a member of the Council of Foreign Relations and a Distinguished Graduate of the National War College. His languages are Serbian, Greek and Japanese.

## Prof Heather Vallier



Prof Heather A. Vallier, MD, is a renowned orthopaedic surgeon and educator, native from Wisconsin. She graduated with the highest distinction from Northwestern University in 1989, earning a BA in Biochemistry, Molecular Biology, and Cell Biology. Dr. Vallier then attended Stanford University School of Medicine, where she received Dean's Awards for Outstanding Teaching and Research. She completed her orthopaedic surgery residency at the University of Wisconsin and a fellowship in orthopaedic traumatology at Harborview Medical Center in Seattle.

In 2001, Dr. Vallier joined MetroHealth Medical Center in Cleveland, OH, where she has been a leading member of the orthopaedic trauma service. She is a Professor of Orthopaedic Surgery at Case Western Reserve University and holds the prestigious Clyde L. Nash MD Professorship in Orthopaedic Education.

Prof Vallier has lectured nationally and internationally and has published over 200 journal articles and 23 book chapters. She has received several research grants, including one from the Orthopaedic Trauma Association to study surgical timing in multiply-injured patients. A Past-President of the Orthopaedic Trauma Association, Dr. Vallier has served on its Board of Directors and as Chair of the Publications Committee. She is a Deputy Editor for the Journal of Orthopaedic Trauma and has mentored numerous students and residents throughout her career and has been recognised for her contributions to teaching, receiving the Educator of the Year award from Case Western residents in 2020.



# Guest Speakers

## Dr Antonio Webb



Dr. Antonio Webb is a fellowship trained and board certified San Antonio Orthopedic Spine Surgeon. Growing up in Shreveport, Louisiana, it wasn't until he attended a Medical Careers Magnet Program in high school that he envisioned his life outside the streets of Louisiana as a doctor. To make this dream a reality, he joined the United States Air Force at age 17 and spent 8 years as a medic and LVN (licensed vocational nurse) in the military including a tour north of Baghdad, Iraq in 2005.

After his highly decorated 8 year career in the military, Dr. Webb went to medical school at Georgetown University. He then completed a 5 year Orthopedic Surgery residency at The University of Texas Health Science Center at San Antonio. Dr. Webb continued his training to subspecialise in Spine Surgery with a combined Neurosurgery and Orthopedic Spine Surgery Fellowship at Texas Back Institute (TBI) in Plano, Texas. TBI is a leader in artificial disc replacement and was the first practice in America to implant an artificial disc replacement.

Dr. Webb presently holds the position of lead practitioner in spinal surgery at the South Texas Spinal Clinic located in San Antonio, Texas. Furthermore, he has achieved the distinction of being recognised as the top-rated spine surgeon on YouTube with over 1 million followers.

## Mr Ash Vasireddy



Mr Aswinkumar Vasireddy is a fellowship-trained Orthopaedic Trauma Surgeon specialising in the management of complex upper limb, lower limb, pelvic and acetabular fractures. He works at King's College Hospital (Major Trauma Centre) in London. The unit is at the centre of the regional trauma network and is one of the busiest major trauma centres in the United Kingdom. At King's, he is also the Director of the Orthopaedic Trauma Fellowship Programme.

Mr Vasireddy was appointed to the prestigious South East Thames Trauma & Orthopaedic Rotation and he completed further specialist Orthopaedic Trauma training at The Royal London Hospital, as well as Orthopaedic Trauma Fellowships at Queen's Medical Centre in Nottingham and King's College Hospital in London.

In addition, Mr Vasireddy has also completed travelling fellowship visits to multiple major trauma centres in America, including the Shock Trauma Centre in Baltimore and Harborview Medical Centre in Seattle. In addition to advanced Orthopaedic training, he has also trained in the fields of Vascular Surgery, General Surgery and Cardiothoracic Surgery. Uniquely and in comparison to many surgeons, Mr Vasireddy also has extensive experience in Emergency Medicine, Intensive Care and Anaesthesia. As a result, he is also a Consultant in Prehospital Care with the Air Ambulance Service.





# Guest Speakers

## Miss Sharon Scott



Miss Scott is an Orthopaedic Consultant working in Liverpool, who specialises in trauma surgery including pelvic and acetabular fractures. She was involved in the origination of the Cheshire and Mersey Major Trauma Network / Centre and has previously been a clinical member of the National Clinical Reference Group for Major Trauma and Burns. Being a strong advocate for trauma patients, she is driven to improve the access to acute fracture surgery and to heighten the awareness of non-elective care during a period where the focus is very much on 'elective recovery'.

She is an Associate Editor for the international trauma journal, Injury; co-chair for the Royal College of Surgeons Damage Control Orthopaedic Trauma Surgery course and member of the AO faculty.

Her interests include running, golf, skiing and horse riding, whilst being perpetually entertained by the antics of her four children.

## Mr Pete Bates



Mr Bates is a consultant orthopaedic trauma surgeon at the Royal London Hospital. He considers himself to be a trauma guy, with a particular interest in pelvic and acetabular trauma. Mr Bates is the Clinical Lead for Orthopaedics and Head of Orthopaedic Trauma. His subspecialty interest is in polytrauma and the treatment of pelvic and acetabular fractures. Mr Bates is a senior clinical lecturer at Queen Mary University of London and lead faculty for the 'Orthopaedic Trauma Sciences' MSc. He is also faculty on the internationally renowned 'Trauma Sciences MSc', providing online, distance learning to budding trauma specialists.

He is leading the way in making the Royal London Hospital a source of prolific orthopaedic trauma research and academic learning. He is also a medico-legal medical expert, specialising in those who have sustained high-energy trauma and of providing reports in cases of post-traumatic injury.

Mr Bates trained around North East London with his higher surgical training at The Royal National Orthopaedic Hospital, Stanmore. He later participated in 2.5 years of internationally recognised trauma fellowships in Christchurch (NZ), Nottingham (UK) and Dallas (Tx, USA). He was awarded the prestigious national 2014 British Orthopaedic Trainee Association (BOTA) Trainer of The Year Award from among 22 nominations across the United Kingdom for his commitment, enthusiasm and passion to teaching trainee orthopaedic surgeons.



# Guest Speakers

## Mr Karthik Karuppaiah



Mr Karuppaiah joined as a Consultant Upper Limb Surgeon at King's College Hospital, London in 2014 following completion of his advance training in shoulder, elbow, hand and wrist surgeries. He manages a wide range of upper limb conditions and polytrauma patients, at King's College, one of the busiest Major Trauma Centres in the UK and also provides tertiary referral service for complex upper-limb injuries and he is the current Clinical Lead.

Mr. Karuppaiah had his orthopaedic training in two of the best institutes in the world, namely King's College Hospital, London and Ganga Hospital, India. He was also trained in various hospitals in South East London and North East England. He has completed his master's degrees in orthopaedics, from the Teesside University, UK and Madras Medical College, India. His master's degree on Evidence Based Medicine in Orthopaedics fine-tuned his clinical approach to patients.

He is intensely involved in FRCS teaching and training the trainees from the South East London Orthopaedic rotation. He has a brilliant academic career and has published more than 25 articles in peer reviewed indexed journals. He has special interests in upper-limb research and has won several research accolades both at the national and international levels. He is a member of the editorial board and is also a reviewer of various international scientific orthopaedic journals.

## Mr Ali Abbasian



Mr Ali Abbasian is a consultant orthopaedic surgeon in London with a specialist interest in foot and ankle surgery. His practice includes the management of complex forefoot and hindfoot pathology, sports injuries, tendon disorders, and post-traumatic reconstruction. He has particular expertise in ankle replacement and revision total ankle replacement, including cases involving significant bone loss.

Mr Abbasian works across both the NHS and private sectors, including Guy's and St Thomas' NHS Foundation Trust, where he is the Fellowship Director and leads the Foot and Ankle Fellowship programme. He is actively involved in training, surgical education, and multidisciplinary care, with a strong interest in evidence-based practice and clinical outcomes.

After earning his medical degree from the University of London in 2000, he completed his orthopaedic training through the North West Thames rotation, gaining experience at renowned London hospitals. He further honed his expertise with a prestigious Foot and Ankle Fellowship at the New England Foot and Ankle Centre, recognised by the American Orthopaedic Foot and Ankle Society.



# Guest Speakers

## Miss Samantha Tross



Miss Tross is a Consultant Hip & Knee Surgeon at Ealing, London. She is the first female of Afro-Caribbean descent in the UK to become a Consultant in 2005. In 2018, she also became the first woman in Europe to perform Mako robotic hip surgery.

Miss Tross graduated from University College London and completed her surgical training on the South East Thames Rotation with fellowships in Toronto and Sydney. She also serves as an Educational Supervisor, Faculty Group Leader, and Director of Core Surgical Training. She is an Associate Editor for the Journal of Medical Case Reports, an examiner for Imperial Medical School, and has received a Black British Business STEM Award.

Miss Tross has been featured in the Black Powerlist since 2009, named in Tatler's Top 100 most Influential doctors in 2013, and highlighted in BMJ Careers (2018) and Metro and Stylist magazines (2019). She was awarded the WINTRADE Award for Women in the Public Sector in 2019 and was the keynote speaker at the Mayor's Black History Month event at City Hall. Outside of work, she enjoys travel, dancing, and fine dining.

## Mr Sunil Bajaj



Mr Bajaj is a Consultant Foot & Ankle Surgeon at Lewisham and Greenwich NHS Trust, London. He completed his orthopaedic training on the South East Thames Rotation. He also undertook paediatric orthopaedic fellowships at Sheffield Children Hospital and Royal National Hospital in Stanmore. He has also been a travelling foot and ankle fellow in Switzerland and the Netherlands. He is a member of both BOFAS and BSCOS.

His special interests include bunion surgery, forefoot reconstruction for rheumatoid, failed bunion surgery, Morton's neuroma, surgery for arthritis of foot and ankle, ankle arthroscopy, ankle replacement, sports injury to foot and ankle, ankle ligament repair, tendon disorders around foot and ankle (tibialis posterior, peroneal tendons, achilles tendon) and plantar fasciitis.

Mr Bajaj has written textbook chapters, some of which feature in prominent orthopaedic textbooks, such as Mercer's textbook of Orthopaedics. He is a very keen teacher and has been invited as faculty to many popular orthopaedic training courses.





# Guest Speakers

## Mrs Natasha Hossain



Mrs. Natasha Hossain is a consultant orthopaedic surgeon with over 25 years of experience, specialising in minimally invasive bunion surgery, ankle replacement, sports injuries, tendinopathy, Achilles tendon issues, and foot deformity correction. She holds an MBBS from King's College London, an FRCS(Tr&Orth) from the Royal College of Surgeons, and an MSc in Orthopaedic Engineering from Cardiff University.

Mrs. Hossain's specialist training was completed through the North East London program, including the Royal London Hospital. As a fellowship-trained foot and ankle surgeon, she has expertise in minimally invasive surgery.

In addition to her clinical work, she is the Clinical Lead for Foot and Ankle at University Hospital Sussex NHS Trust, where she has helped establish multidisciplinary teams and clinics. She also served as the Clinical Director for the Musculoskeletal Directorate during the Covid pandemic, showcasing her leadership skills.

A member of the British Orthopaedic Foot and Ankle Society, Mrs. Hossain is committed to staying current with advancements in her field. She is known for her compassionate care and dedication to providing the highest standard of treatment for her patients.

## Mr Lucky Jeyaseelan



Mr. Lucky Jeyaseelan is a consultant trauma and orthopaedic surgeon. His NHS base is the Barts Health NHS Trust. He has specialist interests in a wide range of areas including ankle arthroscopy, flat feet deformity, bunions, arthritis, plantar fasciitis, rheumatoid foot, sports injuries, and soft tissue conditions of the foot and ankle. He also treats all acute injuries (including fractures) of the foot and ankle.

Mr. Jeyaseelan gained his MBBS from the University of London in 2007 before undertaking training on the Percivall Pott Rotation. He has been awarded a number of fellowships including The Singhal Travelling Fellowship from the British Orthopaedic Association and an AO specialist trauma fellowship. Additionally, he has worked at notable hospitals including Great Ormond Street Hospital and the Royal National Orthopaedic Hospital. He is also the current Training Programme Director for the Royal London Hospital Orthopaedic Rotation.

With a keen interest in research, Mr. Jeyaseelan has a number of peer-reviewed publications to his name. He also delivers international lectures and has contributed to speciality textbooks in his field of expertise. Outside of the hospital, Mr. Jeyaseelan enjoys spending time with his young family and keeping up with the latest sporting events.



# Guest Speakers



## Mr Robbie Ray

Mr Ray is a specialist in foot and ankle surgery, focusing on keyhole bunion surgery, minimally invasive bunion and toe procedures (including second opinions and redo surgeries), keyhole ankle surgery, and advanced rehabilitation following ankle sprains. Originally from Scotland, he trained in the prestigious Edinburgh rotation.

He is double international fellowship trained in Sydney, Australia, and Toronto, Canada, where he won the prestigious BOFAS Gold Fellowship Award during his time in Sydney. Mr. Ray initially worked as a Consultant Foot and Ankle Surgeon at the renowned St George's Hospital major trauma centre before moving to Princess Royal University Hospital. There, he aims to develop and modernise the elective foot and ankle service at the South sites.

With some of the most advanced training in minimally invasive surgery among UK surgeons, Mr. Ray is committed to providing high-quality, safe, and modern treatments for his patients. In addition, he is passionate about training the next generation and was recognised as Trainer of The Year by the South East London Orthopaedic trainees in 2023. Outside of work, Mr. Ray enjoys spending time with his young family and travelling.

# Thank You

We extend our heartfelt thanks to all our guest speakers for generously sharing their time, expertise and insights at the South East London Orthopaedic Meeting.

Your contributions are the cornerstone of this event, sparking meaningful discussion, deepening our collective understanding, and inspiring continued excellence in orthopaedic care and research. Whether presenting new findings, sharing clinical experience, or offering a fresh perspective, each of you has helped shape a truly enriching programme.

Thank you for your dedication to advancing our field and for helping make this meeting a memorable and valuable experience for all in attendance.

With sincere appreciation,  
South East London Orthopaedic Rotation



# Khai Lam Travelling Fellowship



The Khai Lam Travelling Fellowship intends to honour the life and work of Mr Khai Lam, orthopaedic spinal surgeon, educationalist and innovator.

Having the opportunity to work abroad can foster professional relationships, broaden a person's experience of the world, and give individuals the opportunity to explore how orthopaedics can be practiced beyond the UK.

The aim is for a South East London trainee to be awarded the sum of £500 each year to go towards an opportunity to work or study abroad. This can range from undertaking a short pre-CCT 'visiting' fellowship, Out of Programme (OOP) experiences abroad to longer post-CCT 6-12 month fellowships abroad. The shortlist will be judged by a panel including the Training Programme Director, the committee and Mr Lam's family.

Khai Sing Lam, a charismatic orthopaedic spinal surgeon, was known for thriving on tackling the seemingly impossible. Whether it was a high-speed car crash victim with a broken neck and a head that was "hanging off" or severe scoliosis, Lam excelled in treating those others wouldn't touch. He believed in pushing the boundaries of technology to improve patient care, but he was always quick to reassure his patients that, at least for now, humans remained in control.

In one particularly memorable case, Lam faced a patient who had been involved in a high-speed crash in a Middle Eastern country. The young man was not wearing a seatbelt, and paramedics discovered he had broken his neck, with his head barely hanging on. Lam's challenge was to reattach the patient's head while a neurosurgeon worked to reconnect his nerves. After the patient was sedated, immobilised, and flown to London, Lam spent several hours performing the intricate surgery. It was just another day at the office for Lam, who was passionate about tackling the most difficult cases.

Scoliosis became one of Lam's specialties. His steady hand and expertise also made him a go-to surgeon for patients suffering from acute sciatica and other back pain. "He treated patients who others wouldn't touch," one colleague remarked. Lam's approach to surgery was always meticulous. He helped develop a minimally invasive pedicle screw system used to stabilise the spine. His most recent work involved the Excelsius GPS spinal robot and was believed to be the first person in Britain to use it in surgery. "It's quicker," he explained. "It allows me to insert a screw in three minutes. Without the robotic assistance, it would take ten minutes. There's less pain, less anaesthetic, and recovery is faster. While open surgery used to require three months for recovery, now 95% of my patients are back at work in two weeks." Furthermore, he was deeply committed to the education of junior orthopaedic surgeons, both domestically and internationally, frequently traveling to developing nations to impart his expertise and mentor the next generation of surgeons.

Khai Lam was born in 1966 in Selangor, Malaysia, the second of three sons. His father, Lam Khuan Loon, was an otolaryngologic surgeon trained in India and co-founder of the Pantai Hospital in Kuala Lumpur and his mother, Alice Cheong Lye Fong, is a surgical nurse from Singapore. Lam was educated at St John's Institute in Kuala Lumpur and later attended The Leys School in Cambridge, where he captained the badminton and rugby teams. After studying medicine at the University of Nottingham, he completed his orthopaedic and spinal training at the Centre for Spinal Surgery and Studies in Nottingham, where he introduced laparoscopic spinal surgery in the late 1990s. In 2004, he became a consultant orthopaedic and spinal surgeon at Guy's and St Thomas' NHS Trust in London, where he worked for 14 years before moving into the private sector. During his career, Lam treated over 13,000 patients.

Outside of work, Lam was an avid supporter of Liverpool FC and a passionate opera fan, particularly of Wagner. He owned a signed Liverpool shirt from Steven Gerrard, who wrote: "The world's best surgeon." Lam also enjoyed driving in Ferrari rallies. Khai Lam, orthopaedic spinal surgeon, passed away from post-Covid pulmonary inflammation on December 13, 2021, at the age of 55. He is survived by his mother, Alice Cheong Lye Fong and his American partner, Tom Brady.



# Trainees

## Miss Emma Fossett - ST8

Emma is an ST8 at King's College Hospital and is a keen Paediatric Orthopaedic Surgeon. She has won the BSCOS/EPOS Young Scholar Award for commitment to paediatric orthopaedics, as well as the EPOS BAT Trilogy Scholarship and IPOS scholarship. Emma has a strong research portfolio and presented her work at national and international conferences in AAOS, AO North America, BLRS and ESPID. She completed an MSc in Surgical Innovation at Imperial College during training and was the recipient of the Dean's prize. She is completing her final 6 months in the deanery and is looking forward to her upcoming fellowships at Sheffield Children's Hospital and Royal Melbourne Children's Hospital, Australia, focusing on Paediatric Limb Reconstruction.

## Mr Mothana Gawad - ST8

Mothana is a senior registrar on the rotation with a special interest in lower limb arthroplasty and trauma. He undertook his undergraduate training at Bart's and The London Medical School having also obtaining a BSc in Advanced Human Anatomy. After completing his Foundation Training in the North East Thames region, he worked as an anatomy demonstrator at King's College University and subsequently, completed his Core Surgical Training in the North West England deanery. He has rotated through most units within the region and will be starting a hip revision fellowship at GSTT in October 2025. He has a particular passion for teaching. At home he enjoys spending time with his wife and two children and exploring the London sites with them.

## Mr Jack Williams - ST8

Jack is a senior registrar on the rotation with an interest in knee surgery and trauma. He completed his junior surgical training in both Australia and London, and has a research focus on sustainable surgery and healthcare delivery. He is finishing his training this year with Mr Lord and Mr Bird at Lewisham, and has been appointed to the soft tissue knee fellowship at St George's, beginning in October 2025. Jack is planning an arthroplasty fellowship for 2026 and is aiming to include the full breadth of knee surgery in his consultant practice, in addition to primary hip arthroplasty and lower limb trauma. Outside work, Jack enjoys a busy home life with his wife and two young children, and tries to fit in surf trips, golf and running where he can!

## Mr Chris Bano - ST8

Chris is an ST8 with a specialist interest in hand and wrist surgery. He studied Medicine at St. George's, London, where he graduated with distinction. Prior to his medical career, Chris obtained a BSc in Chemistry from the University of Bristol and qualified as a secondary school teacher. His postgraduate surgical training has been in London, including time at all of the trusts on the rotation. He is currently senior registrar at Guy's and St. Thomas', where he also sits on the Resident Doctor's Steering Committee. Having passed the FRCS, Chris is now focusing on hand and wrist surgery. He will be starting an Ortho-Plastics Hand Fellowship at Chelsea and Westminster later this year and is working towards the Hand Diploma. Outside of Orthopaedics, Chris enjoys spending time with his wife and their two young children.





# Trainees



## Mr Ben Lau - ST8

Ben graduated from University College London in 2014 and completed his Foundation and Core Surgical Training at Guy's and St Thomas' Hospital. He is a keen medical educator and holds an MSc in Medical Education. Alongside his clinical work, he is a fellow on the King's Health Partners Surgical Leadership Programme. Ben has a sub-specialty interest in foot and ankle surgery. He has completed a visiting fellowship at Duke University and will be travelling to Sydney to start his Foot and Ankle Fellowship in 2025.



## Miss Ella Kissin - ST8

Ella is a senior registrar on the South East London rotation. She studied at the University of Nottingham, worked for a year in orthopaedics in Queensland, Australia, and completed her Core Surgical Training in London. Ella has been awarded the King's Orthopaedic Research and Education prize for her development and implementation of the King's ST3 Interview Preparation Course and has also received the King's Leadership Award for contribution to medical student and junior doctor education. Ella passed the FRCS in 2024 and is currently on maternity leave. Away from work, Ella enjoys cycling, swimming and the wonderful chaos of family life with her toddler and newborn!



## Mr Rasheed Rabiou - ST7

Rasheed is an ST7 interested in lower limb arthroplasty, trauma and surgical education. Before joining the South East London Orthopaedic Rotation, he graduated from Imperial College School of Medicine and completed a T&O themed Academic Foundation and Core Surgical Training programmes in the West Midlands and Thames Valley deaneries, respectively. Rasheed is currently in the process of securing fellowships in Hip and Knee arthroplasty. In the long term, he hopes to be appointed as a Consultant Lower Limb Arthroplasty Surgeon in the South East. Outside of clinical work, he enjoys teaching, football and spending time with his young daughters.



## Mr Raf Ghani - ST7

Raf is a senior registrar and the webmaster for the rotation. His clinical interests include major trauma and lower limb arthroplasty, complemented by a strong commitment to medical education. He is currently pursuing an MSc in Medical Education at the University of Oxford, supported by a full scholarship. Based with the Pelvic Team at the Royal London Hospital, Raf has gained broad clinical experience across the rotation. He remains actively involved in teaching and educational development. Outside of clinical practice, he enjoys spending time with his wife and young son, and supports Manchester United with enduring optimism.



# Trainees

## Mr Zaid Marhoon - ST7

Zaid Marhoon graduated with First-Class Honours from the Royal College of Surgeons in Ireland-Bahrain, supported by a merit-based scholarship. He holds international qualifications, including Deutsche Approbation (Germany) and ECFMG certification (USA), and gained early orthopaedic exposure in Germany. He has trained at institutions including King's College Hospital and Guy's & St Thomas, and is currently a faculty member at the Royal College of Surgeons. Zaid has published in peer-reviewed journals and received awards such as Best Oral Presentation from RCSEd. Outside of medicine, Zaid is passionate about sport and fitness. He is a keen road cyclist, certified SCUBA diver, and a UK Anti-Doping Accredited Advisor. He speaks Arabic, German, and English, and believes in maintaining an active lifestyle to stay energised and focused.

## Mr Omeair Khan - ST6

Omeair is an ST6 at Guy's and St Thomas' Hospitals. He graduated from Barts and The London and holds a First-Class Honours Bachelor of Science degree in Anatomy from King's College London. He completed his Foundation training and Core Surgical Training in the East of England, where he gained his first substantial exposure to T&O. He has enjoyed his time in South East London, having worked at Lewisham, Queen Elizabeth, King's College and currently at Guy's and St Thomas'. He maintains an interest in lower limb surgery. Complementing his clinical work, Omeair is passionate about medical education. He holds a Postgraduate Certificate in Medical Education and teaches on undergraduate surgical modules at King's College London. Outside of medicine, he enjoys a fulfilling family life with his wife and children, maintains an active lifestyle through sports and participates in local community initiatives.

## Ms Lilly Wickramarachchi - ST6

Lilly was born in Colombo, Sri Lanka, and grew up in North London. She attended Peninsula College of Medicine and Dentistry. During her trauma rotation as a medical student in Exeter, Lilly developed her interest in orthopaedic surgery. She has trained at major trauma centres such as King's College and Royal London, and busy trauma units including Queen's Hospital, Princess Royal University Hospital and Lewisham. Lilly enjoys teaching. She was a regular faculty member for an SJT exam preparation course for medical students. She has worked as an anatomy demonstrator and has provided English language lessons to rural women in Sri Lanka. Lilly volunteers as a case worker for a medical NGO providing essential medical support to children in Gaza, Palestine. In her free time, Lilly enjoys reading, cooking and cycling. She lives in south London with her husband and young daughter.

## Mr Akshay Date - ST6

Akshay is a Trauma and Orthopaedic registrar on the South East London rotation currently working at Kings College Hospital. He graduated from Imperial College London with an additional intercalated first class honours BSc degree in Surgery and Anaesthesia. He went on to undertake his Foundation Training in Chelsea & Westminster and Core Surgical Training in East of England, before joining the rotation. He has really enjoyed his time so far at Guy's and St Thomas' Hospital and Kings College Hospital rotating through specialities. Outside of work, he plays tennis, football and loves travelling.



# Trainees

## Mr Jeremy Webb - ST6

Jeremy is an ST6 on the South East London Rotation, having transferred from the Oswestry Rotation during his ST4 year. He studied at Imperial College London, where he completed his MBBS and an intercalated BSc in Medical Sciences with Haematology, followed by a PgCert in Surgical Innovation. Before surgical training, he spent a year as a research and clinical fellow at SWLEOC, where he developed a keen interest in hip knee arthroplasty, which he now plans to pursue as a subspecialty. Outside of work, he spends much of his time balancing the demands of training by staying active at the gym and making the most of life in London. He'll take any excuse for a snowboarding trip and also loves travelling and diving. Speaking of which, he gives his apologies for missing this year's meeting — he'll be on his honeymoon in the Galápagos Islands, diving with hammerhead sharks (and hopefully living to tell the tale!).

## Mr Tien Ming Yeoh - ST6

Tien is an ST6 at Guy's & St Thomas'. He completed his medical degree at St George's Hospital Medical School. Tien completed his foundation years in South East London, before doing Core Surgical Training in East of England. He has an interest in lower limb trauma, as well as in medical education. He regularly does departmental teaching for the juniors and is a core member of the very successful Fundamentals of Orthopaedics team. Outside of work, he enjoys travelling and cooking.

## Ms Ayla Newton - ST5

Ayla is a ST5 at PRUH. She grew up in Kenya and the Lake District and studied medicine at the University of Cambridge and then University College London before going back to Cambridge for her house officer years. She moved to South East London because of the excellent hospitals this deanery has and to be closer to family and have recently returned to training after taking 11 months out to have her baby girl. Ayla is planning to be a foot and ankle surgeon and especially enjoys arthroscopic and minimally invasive work. She also really enjoys trauma and learning about the latest techniques and equipment that we can use to manage a wide range of injuries. She is regularly involved in teaching and management roles and is part of several research projects, including national audits.

## Mr Miles Benjamin - ST5

Miles is an ST5 at King's College Hospital. He grew up in Fulham and studied at the University of Sheffield, where he enjoyed playing rugby and volleyball. During his foundation training, he worked in Barnsley ED, which led to him being featured in a few episodes of Casualty 24/7. He completed his Core Surgical Training in South West London and is passionate about using AI to advance healthcare and improve lives across various fields. In 2023–2024, he had the privilege of serving as the BOTA Regional Representative. Miles enjoys all aspects of orthopaedics, from trauma to arthroplasty. Outside of work, he recently welcomed a baby girl into his family and has a keen interest in coding, website development, and supporting Arsenal FC.





# Trainees

## Mr Vikram Vignaraja - ST5

Vikram is an ST5 working at Guy's and St Thomas' Hospitals. He graduated from King's College London in 2018 with an intercalated degree in Imaging Sciences. He completed his Foundation and Core Surgical Training in London, Kent and Essex. His sub-specialty interest is lower limb arthroplasty and revision surgery. Alongside his clinical work, he is a fellow on the King's Health Partners Surgical Leadership Programme. Vikram enjoys being involved in medical education and was on the founding team of the award winning, international Fundamentals of Orthopaedics series. Outside of work, he enjoys watching sport, Netflix and seeing friends.

## Miss Charmilie Chandrakumar - ST5

Charmilie is an ST5 at Queen Elizabeth Hospital, Woolwich. She graduated from Barts and The London in 2018 with a First Class Honours in Medical Engineering. She completed her Foundation and Core Surgical Training in South Thames and North Central & East London. She has a keen interest in trauma, as well as hand and wrist surgery. Charmilie loves medical education and research. She has presented her work at international conferences such as AAOS, SICOT and EFORT. She holds an MSc in Clinical Education and has been the 2024 BOTA Education Lead and Congress Chair. She also founded Fundamentals of Orthopaedics (FunOrtho) in 2021, a free teaching programme designed to support aspiring orthopaedic surgeons and continues to oversee its operations. Outside of Orthopaedics, she enjoys learning about East and South Asian cultures, travelling, baking, watching K-dramas and is an avid film lover!

## Mr Kem Ekpo - ST5

Kem is an ST5 orthopaedic registrar at King's College Hospital. He qualified from The University of Manchester and completed his Masters degree in Tissue Engineering with Distinction. After completing his foundation training in London and an orthopaedic-themed core surgical training in South Devon, he chose to return to the deanery in which he grew up in, South East London. He has presented research at national and international conferences, including EFORT, BOA, BHS and BTS, where he has been awarded Best Presentations and presented in the BOA "Best of the Best" session. Kem also serves as the regional BOTA representative and was the former BMA LNC representative. Passionate about medical education, having completed his PGCert, Kem is an examiner at King's College London and serves on the executive committee for FunOrtho, a national teaching initiative for registrars and SHOs. Outside of work, he is an enthusiastic cyclist, matchday doctor and is a keen aviator working towards his Private Pilot Licence!

## Mr Henry Bowyer - ST5

Henry qualified at Imperial College London having intercalated in Global Health. He did his foundation jobs in Cambridge and Bury St Edmund's where he had his first substantial taste of orthopaedics. He was an anatomy demonstrator at King's prior to core surgical training which he completed in London, rotating through Great Ormond Street and King's College Hospital. He has enjoyed all aspects of orthopaedics as a registrar at King's, Queen Elizabeth Woolwich and currently Guy's and St Thomas'. He has a keen interest in teaching having done a PgCert in medical education and is an ATLS instructor. Outside of work he enjoys cooking, hiking and spending time with his wife and son.





# Trainees

## Mr Sam Franklin - ST5

Sam qualified from Cardiff University with Honours before completing his Foundation Training in West London, which included a 4 month rotation in Orthopaedics at Charing Cross Hospital. He followed this with a 12 month clinical fellow post in Orthopaedics at St Mary's Hospital where the experience of a major trauma centre further fuelled his specialist interest. He completed an Orthopaedic themed Core Surgical Training programme in Basildon prior to joining the South East London Rotation. He has thoroughly enjoyed his time thus far as a registrar, initially for 2 years at Princess Royal University Hospital and now at Guy's and St Thomas'. He enjoys teaching and, given his enthusiasm for travelling, the opportunity to present work at conferences in places such as Warsaw and Maastricht. Outside of work, he enjoys cycling, working on home renovations and exploring the world with his wife and son.

## Mr Bryan Chew - ST4

Bryan is an ST4 Trauma and Orthopaedic Surgery trainee currently based at Guy's and St Thomas' Hospital. He graduated from the University of Leicester in 2019 and completed his Foundation and Core Surgical Training across London and the Kent, Surrey and Sussex (KSS) region. His clinical interests are broad, and he is enjoying exploring the subspecialties within orthopaedics. Outside of work, He finds joy in life's simple pleasures—travelling to new places, discovering good food, and cooking.

## Ms Elizabeth McLean - ST4

Elizabeth is an ST4 at King's College Hospital. She graduated from Guy's, King's & St Thomas' (GKT) medical school and did her foundation years in South Thames. She worked as a clinical fellow in Orthopaedics at Imperial before completing her Core Surgical Training in Brighton, cementing her interesting complex trauma. She enjoys education and was on the committee for this academic year's Fundamentals of Orthopaedics for both the Autumn and Interview series. In her spare time, she enjoys knitting, gardening, yoga and is excited for her wedding later this year!

## Mr Jonathon Kyriakides - ST4

Jonny qualified from University College London Medical School in 2012, gaining an intercalated BSc during his studies. He completed his foundation training and core surgical training in London and is currently an ST4 on the South East London Orthopaedic Rotation. Jonny has always been passionate about medical education and teaching during his career to date. He has introduced and run several surgical and orthopaedic courses during his training and is currently the teaching lead for medical students at PRUH. Outside of work, he enjoys keeping fit and playing golf.



# Trainees



## Mr Rateb Katmeh - ST4

Rateb is an Orthopaedic Registrar on the South East London Rotation with an interest in trauma and medical education. He studied medicine at University College London whilst obtaining an intercalated BSc in Orthopaedic Sciences, before going on to complete his Foundation and Core Surgical training in London and the South East. Having been a keen sportsman and representing UCL Medical School in hockey he has developed a passion for trauma and sports related injuries. Outside of work he enjoys sports, maintaining/ modifying cars and has recently joined the Brands Hatch Motorsport Medical Team.



## Mr Wai Huang Teng - ST4

Wai Huang is an ST4 trainee currently based at University Hospital Lewisham. He completed his medical studies at the University of Glasgow before moving south for training. He spent his Core Surgical years in Thames Valley where he gained broad exposure and experience, providing him with solid foundation for Specialty Training. He is passionate about trauma surgery and enjoys soft tissue cases in the upper limb and knees. Outside of work, he is a devoted husband and family man who finds joy in the simple moments of home life. He is chief handyman to his wife's never-ending list of DIY projects. His craftsmanship and patience are constantly put to the test, proving that while bones may heal, the to-do list never ends.



## Mr James Murrell - ST3

James is a London-born ST3 currently working at Great Western Hospital. He graduated from the University of Birmingham and completed his early postgraduate surgical training in the West Midlands. Recently, he returned home to be closer to friends and family, as well as to take advantage of the exciting research and networking opportunities offered by some of the capital's leading institutions. James is considering a career in upper limb. He has been involved with the BMA at a regional level and developed an interest in hospital management and healthcare economics. Outside of work, James continues to put screws into things. He recently converted a van into a camper, which now serves as his mobile base for ski trips and rock climbing adventures across Europe.



## Miss Evan Wright - ST3

Evan is an ST3 currently based at Guy's and St Thomas' Hospital. She graduated from the University of Aberdeen before completing her foundation training in Glasgow. Prior to starting Core Surgical Training in Leeds, she took a two-year break from formal training to work as a clinical fellow at Glasgow's Major Trauma Centre, gaining valuable experience in managing complex trauma in a high acuity setting. Outside of work, Evan enjoys reading, playing tennis, and exploring London's best Sunday roast spots.



# Trainees



## Miss Moneet Gill - ST3

Moneet is an ST3 currently based at the Royal National Orthopaedic Hospital. She graduated from St George's University of London. She completed her Foundation Training in Thames Valley and Core Surgical Training in Kent, Surrey, and Sussex. Moneet also holds a Master's in Surgical Innovation from Imperial College. A former netball enthusiast, she is currently focused on rehabilitation following a multi-ligament knee injury!



## Mr Tim Davis - ST3

Tim is an ST3 at Queen Elizabeth Hospital, Woolwich. He completed his medical degree at the University of Nottingham in 2019 before undertaking Foundation Training in the East Midlands. He spent a year working in Emergency Departments in Australia prior to joining Core Surgical Training in London where he rotated through Orthopaedics at Guy's and St Thomas' and University College Hospital. During Core Training he developed a deeper interest in research, recently presenting at the British Hip Society on the use of AI to answer pre-op patient FAQs. Apart from research, Tim has a keen interest in travel and collaborative work, having worked with orthopaedic departments in Northwestern Greece and Mumbai, India. Outside of work, Tim enjoys playing golf, hiking and skiing.



## Mr Varun Kothari - ST3

Varun is an ST3 in Trauma and Orthopaedics, currently based at King's College Hospital. He graduated from Imperial College London and completed his foundation training in North West London. Before starting his orthopaedic-themed core surgical training in London, he worked as a clinical fellow in orthopaedics at Guy's and St Thomas' Hospital. Outside of medicine, Varun enjoys playing the guitar, as well as cricket, badminton, and photography.



## Mr Stavros Tsotsolis - ST3

Stavros is currently an ST3 in Trauma and Orthopaedics at Queen Elizabeth Hospital in Woolwich. He graduated from the Aristotle University of Thessaloniki in Greece and began his orthopaedic training at the Agia Sofia Paediatric Hospital in Athens, Greece in 2021. He subsequently moved to the UK in 2022, where he worked as an SHO in the Orthopaedics Department at Guy's and St Thomas' Hospital. After successfully completing his exams, he took on a registrar role in 2023, before being awarded a national training number in the South East London Deanery in 2024. Outside of medicine, he enjoys painting, running, weightlifting, and spending quality time with his loved ones.



## Mr Naeem Dowlut - ST3

Naeem is an ST3 currently based at Imperial College Healthcare. He graduated from Barts and The London and completed his Foundation training in the Oxford Deanery. He undertook his Trauma & Orthopaedic themed Core Surgical Training in North West London. Naeem also holds an intercalated degree in Bioengineering and Clinical Materials. When not at work, Naeem enjoys keeping fit, live music, and hiking.





# Trainer of the Year 2025



**Mr Jonathan Bird**  
Knee Surgeon  
Lewisham



**Mr Alistair Tindall**  
Hip & Knee Surgeon  
Queen Elizabeth



**Mr Alex Charalambous**  
Hip & Knee Surgeon  
Guy's & St Thomas'



**Mr Dominic Davenport**  
Hip & Knee Surgeon  
Princess Royal



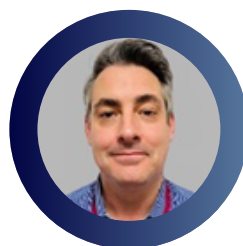
**Mr Karthik Karuppaiah**  
Upper Limb Surgeon  
King's College



**Prof Venu Kavarthapu**  
Foot & Ankle Surgeon  
King's College



**Mr Kam Cheema**  
Hip & Knee Surgeon  
Queen Elizabeth



**Mr Anthony Gould**  
Foot & Ankle Surgeon  
The Great Western



**Mr Pranab Sinha**  
Hip & Knee Surgeon  
Queen Elizabeth



**Mr Rajat Varma**  
Knee Surgeon  
King's College



**Mr Adel Tavakkolizadeh**  
Upper Limb Surgeon  
King's College



**Mr Zameer Shah**  
Hip & Knee Surgeon  
Guy's & St Thomas'



**Miss Martina Faimali**  
Sarcoma Surgeon  
Stanmore



**Mr Gavin Spence**  
Paediatric Orthopaedic Surgeon  
Evelina



**Mr Alvin Chen**  
Hip & Knee Surgeon  
King's College



**Mr Thomas White**  
Hip & Knee Surgeon  
Lewisham



**Mr Paul Harnett**  
Hip & Knee Surgeon  
King's College



**Mr Ash Vasireddy**  
Trauma Surgeon  
King's College



**Mr Roland Walker**  
Foot & Ankle Surgeon  
Guy's & St Thomas'



**Mr Max Edwards**  
Hip & Knee Surgeon  
Princess Royal

## Previous TOTYs:

### Mr Arash Afsharpad

Paediatric Orthopaedic Surgeon - Evelina London Children's Hospital  
TOTY 2024, 2022, 2021

### Mr Robbie Ray

Foot & Ankle Surgeon - Princess Royal University Hospital  
TOTY 2023

### Mr Abhinav Gulihar

Upper Limb Surgeon - Princess Royal University Hospital  
TOTY 2020





# Trainer of the Year 2025

The Trainer of the Year (TOTY) award is presented annually to a Consultant Orthopaedic Surgeon who has demonstrated outstanding dedication and excellence in surgical training and education.

Voted for by the trainees on the rotation, the award recognises those trainers who consistently go above and beyond to deliver exceptional teaching and mentorship. The following consultants are this year's top three finalists. The accompanying citations are a compilation of comments submitted by the nominating trainees:



## Mr Alistair Tindall

### Hip & Knee Surgeon - Queen Elizabeth Hospital

Mr Tindall is an outstanding trainer whose dedication, kindness, and depth of knowledge has made a profound impact on the development of orthopaedic trainees. A compassionate mentor, he not only prioritises excellent patient care but also invests deeply in the growth of his trainees. He consistently emphasises the importance of patient-centred care, helping us understand both the technical and human sides of surgery. His extraordinary patience and supportive nature create an environment where we feel encouraged, challenged, and safe to learn. Mr Tindall is generous with his time and guidance, walking us through complex procedures, answering questions thoughtfully, and allowing us the space to grow into confident, independent surgeons. His teaching extends far beyond textbooks and techniques, he inspires us to become empathetic, skilled, and holistic professionals.



## Mr Dominic Davenport

### Hip & Knee Surgeon - Princess Royal University Hospital

Mr Davenport is a conscientious and highly effective trainer with a genuine passion for education. He is an excellent surgeon, thorough, particular, and technically skilled, who takes the time to teach step by step, clearly explaining his decision-making throughout. Supportive and patient, he creates a positive learning environment where trainees feel valued and empowered. He consistently advocates for trainee development, ensuring exposure to key procedures and meticulously following up on index numbers. His commitment to training is reflected in his punctual and detailed ISCP portfolio entries, as well as his active involvement in research projects with trainees. Mr Davenport's teaching is clear, purposeful, and impactful. He is not only an outstanding clinician but also a true role model and a steadfast advocate for those he trains.



## Mr Alex Charalambous

### Hip & Knee Surgeon - Guy's & St Thomas' Hospital

Mr Charalambous is a highly supportive and approachable trainer who takes a genuine interest in the development of his trainees. His teaching is clear, practical, and grounded in real clinical scenarios, making it both accessible and immediately applicable. He offers thoughtful, constructive feedback and consistently encourages trainees to grow in confidence and capability. A dedicated mentor, he is always willing to guide and support, both in day-to-day clinical work and in preparation for the FRCS exam. Trainees value his open, down-to-earth approach and his ability to create a relaxed but focused learning environment. He brings humility and a strong sense of camaraderie to the team. Mr Charalambous combines clinical excellence with an authentic commitment to training, making him a valued and respected educator on the rotation.



# Training Hospitals

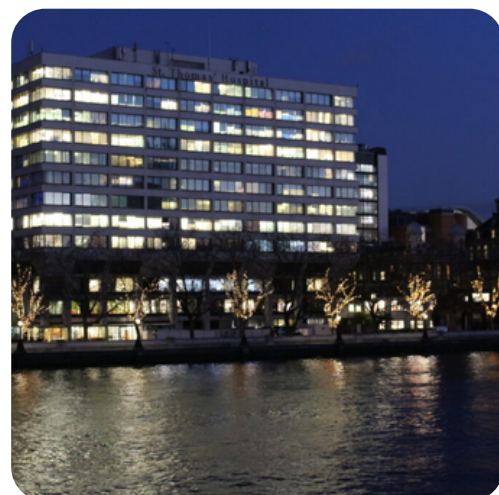


## Evelina London Children's Hospital

Evelina is a leading centre for paediatric orthopaedics, offering specialised care for children with a wide range of musculoskeletal conditions. Founded in 1869, it has a rich history of providing specialized care for children and young people. It provides expert treatment for both common and complex orthopaedic issues, from fractures and sports injuries to congenital deformities and scoliosis. The hospital's dedicated orthopaedic team works closely with families to ensure the best outcomes, combining advanced surgical techniques with personalized rehabilitation programs. Evelina London is renowned for its commitment to using the latest technology and innovative treatments to improve mobility and quality of life for young patients.

## Guy's and St Thomas' Hospital

GSTT is a historic hospital in central London near iconic sites of the capital city. It is considered a centre of excellence for orthopaedic elective surgery including paediatrics and spinal surgery. The department is specialised to conduct regional multidisciplinary meetings and operate on complex revision arthroplasty. The fellowship programs are led by esteemed mentors providing opportunities to excel in all orthopaedic subspecialties.



## King's College Hospital

KCH is the Level 1 Major Trauma Centre serving South East London. It is one of the busiest trauma centres in the country receiving HEMS trauma patients from Kent and Surrey. The Limb Reconstruction unit is recognised for its charitable services provided internationally. The department is research driven and is overseen by excellent mentors who lead numerous international multicentre randomised controlled trials. This hospital provides outstanding and well sought fellowship programs in a variety of orthopaedic subspecialties.





# Training Hospitals



## Princess Royal University Hospital

The PRUH is a district general hospital located in the lush neighbourhood of Farnborough. A popular hospital amongst the trainees known from great trainers and high volume of operative cases. Trainees are exposed to cutting edge surgical techniques that include minimally invasive foot and ankle surgery. Elective operation is carried out in a specialised ring-fenced site of Orpington hospital with expertly trained theatre staff.

## Queen Elizabeth Hospital

QEH is a district general hospital based in the diverse suburb of Woolwich. Trainees enjoy a high volume of operative cases and the site usually runs 2 trauma lists a day. Elective care is performed at the cold site of Riverside at the allied University Hospital Lewisham. The service compromises a variety of subspecialities and runs a popular FRCS course for trainees coming up to the exam.



## The Great Western Hospital

A district general hospital in Swindon, near the beautiful Cotswolds and busy cities of Bristol and Bath. Uniquely, Swindon hosts T&O trainees from Severn, Thames Valley and SE London, providing for a fantastic opportunity of cross-deanery collaboration. The trauma cases are distinctive to the country and city life. The teaching and support from the orthopaedic team is phenomenal, making it one of the best teaching hospitals in the region with a high volume of trauma and elective operating.

## University Hospital Lewisham

A district general hospital serving the vibrant community of Lewisham. It is known for its strong and experienced Orthopaedic department, offering excellent care and training opportunities. Trainees benefit from exposure to diverse cases and hands-on surgical experience. The hospital's focus on education ensures registrars receive comprehensive training, research exposure and plenty of educational opportunities.



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For over 30 years, United Orthopedic has been a global leader in designing, manufacturing, and distributing orthopedic joint replacement implants, improving the lives of patients requiring hip and knee replacements. UOC prioritizes patient safety and outcomes, ensuring product reliability by handling all design and manufacturing in-house, overseen by quality assurance teams. Their vertically integrated model and technical excellence have earned them an award-winning product line trusted worldwide.

[www.uk.unitedorthopedic.com](http://www.uk.unitedorthopedic.com)



Orthohouse is committed to providing you with the most innovative products and services to help in curing the patients the way they deserve. We understand that every Orthopaedic surgeon's needs are different. Our products & services portfolio is designed to meet each orthopaedic surgeon's needs at any type of operation. We are committed to find the best technologies, innovative products and premium quality solutions to deliver comprehensive exceptional orthopedic care for the best interest of the patients in Egypt, Middle East, Africa & the UK.

[www.ortho-house.com](http://www.ortho-house.com)



# Silver Sponsors



implantcast UK is a highly specialised and innovative medical technology company with 25+ years of experience in developing and manufacturing solutions to enhance patient care. We provide bespoke joint replacement solutions to orthopaedic surgeons, excelling in product development, manufacturing, sterile packaging, and distribution of primary, revision, and tumour endoprostheses. Our focus on speed, reliability, precision, and continuous development ensures rapid recovery and improved quality of life for patients.

[www.implantcast.de/en/](http://www.implantcast.de/en/)

# Heraeus

Heraeus Medical provides solutions for joint implant fixation and infection management, adding value for patients, medical professionals, and healthcare systems. With a focus on developing effective, safe, and affordable treatments for musculoskeletal diseases, Heraeus Medical addresses the challenges of costly, specialized care. Its flagship product, PALACOS® bone cement, has been a trusted solution for hip and knee arthroplasties for over 50 years, while COPAL® G+C bone cement, containing two antibiotics, helps protect patients at risk of infection after joint replacements.

[www.heraeus-medical.com/en](http://www.heraeus-medical.com/en)





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At Joint Operations, our Recovery team specialises in providing advanced orthopaedic bracing and cold therapy compression solutions. Our product portfolio includes high-quality braces and supports from renowned manufacturers including Breg, Bauerfeind, and Icarus, designed to aid post-operative recovery, injury rehabilitation, and pain management.

[www.jointoperations.co.uk](http://www.jointoperations.co.uk)



In 2010, Paragon 28® was established as an orthopedic foot and ankle company. The name “Paragon 28” was chosen to show that we are exclusively a foot and ankle company, with the “28” representing the number of bones in the foot. We will remain true to that vision. Paragon 28® was started as a small, family-based company and we have kept those core ideals as we have grown. Our first product was the Monster® Screw System, followed by the Gorilla® Plating System. As we continue to add more products, we maintain a fine level of detail to every feature of every product we design. The goal is to give options to the foot and ankle surgeon, knowing there is more than one way to achieve a great result. We have listened to surgeons and will continue to do so in order to understand and address their specific needs.

[www.paragon28.com](http://www.paragon28.com)



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Mölnlycke is a leading global provider of wound care products and therapy-based solutions. Mölnlycke works with patients, caregivers and healthcare systems to reduce the burden of these wounds through innovative solutions for prevention, faster healing and better quality of life. Mölnlycke has been at the forefront of change since 1849, pioneering innovations that improve the quality of life for patients and those who care for them, while reducing the environmental impact of healthcare. Moving forward, we will draw upon our proud legacy as we continue to revolutionise care for people and planet.

[www.molnlycke.co.uk](http://www.molnlycke.co.uk)



Biocomposites is an international medical device company that engineers, manufactures and markets world leading products for use in infection management in bone and soft tissue. Based in Keele, UK, it has global operations across Europe, USA, Canada, China and India. Biocomposites is a world leader in the development of innovative calcium compounds for surgical use. Its products target a broad spectrum of infection risks across a variety of specialities, including musculoskeletal infection, orthopaedics, trauma, spine, foot and ankle and podiatry. Biocomposites products are now used in over 100,000 procedures per annum and sold in more than 40 countries around the world.

[www.biocomposites.com](http://www.biocomposites.com)



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*Active Healing Through Orthobiologics*

Bioventus is a global leader of innovations for active healing. Through a combination of internal product development, product/business acquisition, and distribution agreements, we will bring to market products which address a growing need for clinically effective, cost efficient, minimally invasive medical treatments, that engage and enhance the body's natural healing processes.

[www.bioventus.com](http://www.bioventus.com)

## Bespoke Sponsors



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LEDA Orthopaedics are a UK medical device distributor, with a focus on innovative, niche trauma implants, hand surgery prostheses and unique, value-add solutions for orthopaedic procedures. We strive to provide exceptional service to the NHS and independent sector, and have excellent relationships with clinicians in many orthopaedic specialties, across the country.

[www.ledaortho.com](http://www.ledaortho.com)



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# Bespoke Sponsors



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[www.synbone.com](http://www.synbone.com)



For four decades now, customers all around the world have appreciated the precision and functionality of our products and our innovative solutions for osteosynthesis. Today, the close cooperation with our clinical advisors and the state-of-the-art, powerful machine park at our site in Spaichingen offer the ideal basis from which we can manufacture high-quality and innovative implant systems for restoration, joining and correction.

[www.marquardt-medizintechnik.de/en/company\\_uk](http://www.marquardt-medizintechnik.de/en/company_uk)



For over 35 years, Acumed has developed innovative fracture solutions for both upper and lower extremities, including the original fully threaded headless compression screw and the first and only anatomically shaped radial head prosthesis. Headquartered in Hillsboro, Oregon, Acumed operates globally, partnering with surgeons and hospitals to improve patient outcomes.

[www.acumed.net](http://www.acumed.net)



We have a clear focus on the needs of foot and ankle specialty clinicians and the patients they serve. Our goal is to help patients suffering from painful and debilitating foot and ankle conditions, to regain their mobility. We believe that our focus helps ensure that we are better able to design improved surgical solutions in partnership with specialist surgeons, which help them get their patients get back on their feet.

[www.orthosol.com](http://www.orthosol.com)



# Bespoke Sponsors



As a dedicated lower extremity company, Vilex truly understands the unique needs that foot and ankle surgeons have while treating patients. We focus on innovation that is driven by surgeon feedback - delivering a powerful portfolio of products created by surgeons, for surgeons. At Vilex, we break the mold of a traditional, large device company. We're reimagining foot and ankle.

[www.vilex.com](http://www.vilex.com)



**THUASNE**

Thuasne is a globally recognised creator, manufacturer and distributor of wearable medical devices. The company has been family owned for over 175 years and has been a supplier to the NHS for over 25 years. The Thuasne product ranges from the clinically proven Osteoarthritis knee braces, UniReliever and Action Reliever, SpryStep range of dynamic, composite AFO and KAFO solutions to the Sleeq range for patients in need of back bracing support.

[uk.thuasne.com/en](http://uk.thuasne.com/en)

medartis®

At Medartis, we develop, manufacture and distribute titanium screws and plates, surgical instruments and system solutions for fracture fixation. All Medartis products are developed in close consultation with hand and trauma surgeons as well as experienced OR teams. Our goal is to continually improve early functional rehabilitation through our high-quality products and exclusively developed technologies.

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## Thank You

We are sincerely thankful to all our generous sponsors for their invaluable support of the South East London Orthopaedic Meeting. Your contributions have played a pivotal role in making this event possible and ensuring its continued success.

Your commitment to advancing orthopaedic education, innovation, and collaboration is deeply appreciated. With your support, we are able to bring together a diverse community of healthcare professionals dedicated to improving patient care and outcomes.

On behalf of the organising committee and all attendees, thank you for your partnership and for investing in the future of orthopaedics.



# Alumni

**Mr Tom Lewis**

Foot & Ankle and Sports Arthroscopy Fellow, Sydney, Australia

**Mr Thana Srirangarajan**

Adult Hip & Knee Reconstructive Fellow, Ontario, Canada

**Mr Sam Trowbridge**

Lower Limb Fellow, New Zealand

**Mr Kev Patel**

Lower Limb Fellow, Golden Coast, Australia

**Mr Kam Cheema**

Hip & Knee Surgeon, Lewisham & Greenwich

**Mr Joon Ha**

Foot & Ankle Fellow, Ontario, Canada

**Mr Christian Smith**

Young Adult Hip Surgeon, Guy's & St Thomas'

**Mr James Geddes**

Spinal Surgeon, Kingston

**Mr Tom Jackson**

Arthroplasty, Sports Medicine & Pelvic Fellow, Sydney, Australia

**Mr Jag Bhamra**

Foot & Ankle Surgeon, Lewisham & Greenwich

**Mr Delukshan Srikantharajah**

Upper Limb Surgeon, Belfast, Northern Ireland

**Mr Mark Chamberlain**

Pelvic & Acetabular Surgeon, Royal London

**Mr David Gamble**

Shoulder & Elbow Surgeon, King's College

**Miss Natalie Hope**

Hand & Wrist Surgeon, Salford, Manchester

**Mr Will Groom**

Limb Reconstruction Surgeon, Hull

**Miss Grace Yip**

Foot & Ankle Surgeon, University College London

**Mr Razi Zaidi**

Foot & Ankle Surgeon, Princess Royal

**Mr Amit Patel**

Foot & Ankle Surgeon, Royal London

**Mr Matt Jaggard**

Knee Surgeon, Homerton

**Mr Dominic Davenport**

Hip & Knee Surgeon, Princess Royal

**Mr Edward Massa**

Hip & Knee Surgeon, Colchester

**Mr Tony Antonios**

Shoulder & Elbow Surgeon, Ashford & St Peter's

**Mr Fabian Wong**

Spinal Surgeon, Guy's & St Thomas'

**Miss Karen Shepherd**

Paediatric Orthopaedic Surgeon, Chelsea & Westminster

**Mr Aaron Saini**

Limb Reconstruction Surgeon, King's College

**Mr Obi Nzeako**

Upper Limb Surgeon, Maidstone & Tunbridge Wells

**Mr Pranai Buddhve**

Paediatric Orthopaedic Surgeon, Broomfields

**Miss Lucy Cooper**

Foot & Ankle Surgeon, Liverpool

**Mr Ziad Harb**

Foot & Ankle Surgeon, Ashford & St Peter's

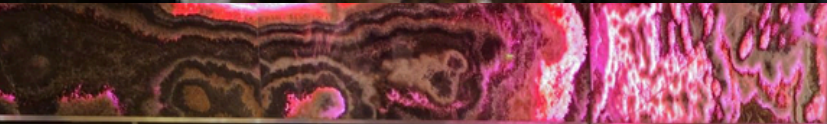
**Mr Tom Hester**

Foot & Ankle Surgeon, Kings College



*Kindly note that this list of alumni is not yet complete. Efforts are ongoing to compile a comprehensive directory.*

















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