

BOTA CONGRESS 2025

25TH - 28TH NOVEMBER

Lift
AS WE
Climb



LEEDS HILTON & MARRIOTT HOTELS
BRITISH ORTHOPAEDIC TRAINEES ASSOCIATION

**British Orthopaedic
Trainees Association**



BOTA **ANNUAL** **CONGRESS**

This year's congress — created by trainees, for trainees — embraces the theme 'Lift as You Climb.'

It's a call to rise together; to support, inspire, and create opportunities for one another as we grow. True leadership is not just about reaching the top, but about lifting others as we go. This is our chance to build a future where collaboration, kindness, and shared success define our journey.

Leeds

Pre Conference Courses Tuesday 25th November

Annual Congress Wednesday 26th - Friday 28th November

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CONVENOR WELCOME



Hello, and welcome to the 2025 Annual BOTA Congress!

It is my pleasure to invite you all to Yorkshire for this year's conference. Here at BOTA, we have been working tirelessly to ensure the best educational experience for all of you. I am incredibly grateful to our 2024/25 BOTA committee and local regional rep Miss Tania Tanello for their continued support and assistance in bringing everything together and I hope that you enjoy your week here with us.

We also wish to extend our sincere thanks to the huge number of consultants from across the UK who have given up their time to join us for these sessions to ensure that our workshops continue to be of the highest standard. We have been blown away by the support of the BOA and the affiliated subspecialty societies with a particular mention to WOC, OTS, BSCOS, BHS, BOSTAA, BAJIS and BLRS. Likewise, industry support is the only way in which we can continue to deliver such events. Without you all, this would not have been possible.

I hope that you have a fantastic time, and if you need anything at all over the course of the week, then we are all here to help. Can't wait to see you all soon!



Miss Samantha Sharkey
Education Representative
British Orthopaedic Trainees Association





PRESIDENTIAL ADDRESS



Dear conference attendees,

It is my pleasure to welcome you to the 2025 BOTA Conference here in Leeds. When we were thinking about where to host the conference, we wanted somewhere we hadn't been as an organisation before, somewhere in the middle of the country, and somewhere with a strong training culture and excellent local faculty – Leeds was an easy choice!

Over the course of the next 3 days we have an excellent variety of speakers and sessions for trainees of all grades. The committee, and especially our Education Rep Sam Sharkey, have put in a huge amount of work to organise the event, and I am confident you will all leave having had a stimulating and enjoyable time.

Serving as BOTA President has been an incredible privilege this year, and it's hard to believe it is almost over. I have been lucky to have worked with such a great committee over the past 12 months, and together we have achieved so much. That said, the work is never-ending and there remains much to be done, especially with the Medical Training Review moving from 'listening' to 'doing'. I look forward to welcoming in the 2025-26 committee at the end of the conference – make sure to vote in the elections if you haven't already. Please do come and speak to me and any of the committee throughout the event: it is from speaking to our members that we are able to represent you best.

Enjoy the conference!

Mr Oliver Townsend
President
British Orthopaedic Trainees Association

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LOCATION

Pre-Congress Courses:

Hilton Leeds City
Neville Street, Leeds
LS1 4BX



Main Congress:

Leeds Marriott Hotel
4 Trevelyan Square,
Boar Lane, Leeds
LS1, 6ET



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MEET THE COMMITTEE

Dominic
Waugh



Treasurer

Kumar
Dash



Vice President

Oliver
Townsend



President

Karen
Chui



Past President

James
Allen



Secretary

Sam
Sharkey



Education

Michael
Foxall-Smith



Academic

Ibrahim
Ibrahim



SAC

Raashad
Hasan



Web

Meg
Baker



Publicity

Alex
Schade



Global Surgery

Sarah
Shammout



**Culture and
Diversity**

Adam
Pilarski



**Sustainability
and Workforce**

Florence
Shekleton



**Women in
Surgery**

Beth
Dominguez



Scotland

Kanwal
Cheema



Wales

Jonty
Sterne



Northern Ireland

Saskia
Locke



Junior

Hetta
Friend



BOMSA

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www.bota.org.uk



**British Orthopaedic
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COMMITTEE AGM

**Thomas Ambler Suite, Marriott Hotel
11:30 – 12:15
Friday 28th November**

Voting Opens: Mon 24th November
Voting Closes: Wed 26th November

It is time to have your say in shaping the future of the British Orthopaedic Trainees Association. All BOTA members holding a National Training Number (NTN) are eligible to vote in this year's elections. Candidate introduction videos are available on our website at www.bota.org.uk/agm2025, where you can learn more about each nominee before casting your vote. Your participation is vital in ensuring that BOTA continues to represent and support the interests of orthopaedic trainees across the UK.

Results will be announced at the AGM on Friday 28th November. We will also be presenting some of our proposed constitutional changes to improve the ways in which we run the organisation. The aim is to allow us to focus our attention on advocating for UK orthopaedic trainees and ensure our voice is heard. We would love to share these proposals with you and give you, our members, the chance to have your say.



See you on Friday!



**British Orthopaedic
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PRE CONGRESS COURSES

BOMFA: Bones & Beyond

Ideal for students and early years trainees, this course is unmissable if you have an interest in pursuing T&O as a career. There will be a mixture of useful talks on life as an Orthopaedic Surgeon and how to get ahead, small group mentorship sessions and of course, practical workshops because we just love our power tools...

Lead As You Climb

Suitable for all clinicians, however best suited to CST – ST4 level. This course not only meets the requirements of Leadership and Management for portfolio purposes, but gives some real insight into the world of leadership within T&O from leaders from within our community, including organisers of the BOA Future Leaders Programme.

FunOrtho Strive

Designed for ST3 – ST5 registrars. You may recognise FunOrtho from their free ST3 interview series, but the team are back to help you to successfully navigate your first few years of higher specialty training. A highly interactive, consultant-led course focussing on clinical aspects of the job to help you shine in both clinical practice and mock exams including in areas less commonly encountered e.g. spines and oncology.

PGO FRCS Vivas

Our MVP of BOTA Pre-Conference Courses and an absolute must for pre-exam trainees in the midst of revision. Initially designed and developed by the creator of the Post Graduate Orthopaedics textbooks Prof Banaszkiewicz, he has now handed over the reins to 3 of our prestigious former BOTA presidents Mr Jeya Palan, Mr Matthew Brown and Miss Vittoria Bucknall to ensure his high standards are maintained. Considered by some as one of the most useful courses for Part 2 preparation, it is ideal for ST6+ registrars to hone their skills for the clinical aspects of the exam. We know you are busy right now, but you will not regret it!



British Orthopaedic Trainees Association





BOMFA: BONES & BEYOND

Room: Neville Suite, Hilton Leeds City

BOTA Course Chair: Dr Hetta Friend – BOMFA VP

Faculty: Vish Shetty, Oliver Townsend, Karen Chui, Alex Schade, Adam Pilarski, Beth Dominguez, Sarah Shammout, Emily Schenk, Finn MacPherson, Henry Wood

0800 – 08:30	Registration
08:30 – 08:45	Welcome
08:45 – 09:15	Principles of Orthopaedics
09:15 – 09:45	A Day in the Life of an Orthopaedic Doctor
09:45 – 10:30	Career Paths in Orthopaedics
10:30 – 10:45	Break
10:45 – 12:45	Workshops: Ex-Fix, Fracture Fixation, Suturing
12:45 – 13:45	Lunch
13:45 – 14:30	Getting Ahead
14:30 – 15:10	Mentoring Workshop 1
15:10 – 15:25	Break
15:25 – 16:45	Mentoring Workshop 2+3
16:45 – 17:00	Close





LEAD AS YOU CLIMB

Room: Magnum Suite, Hilton Leeds City

BOTA Course Chairs: Saskia Locke, Meg Baker

Faculty: Lawrence Moulton, Emily Baird, Ellie Davidson, James Tomlinson

09:00 - 09:20	Registration
09:20-09:50	What Is A Leader? Why is Leadership Important
09:50 - 10:10	Breaking The Ice
10:10 - 10:30	Leadership Styles
10:30 - 10:50	Break
10:50 - 11:30	Leadership Styles
11:30 - 12:30	Personality in Leadership and Core Values
12:30 - 12:50	How To Lead When You Are Not In Charge
12:50 - 13:30	Lunch
13:30 - 14:10	Leading From The Middle
14:10-15:10	Decision Making
15:10 - 16:10	Negotiation, Conflict, Civility
16:10 - 16:30	Your Future Leadership Journey, Where to go Next
16:30 - 17:00	Debrief, Q+A





STRIVE

Room: Brigante C Suite, Hilton Leeds City

Course Chair: Charmilie Chandrakumar (FunOrtho)

Faculty: Guy Morris, Charlotte Tunstall, Edmund Wright, Caroline Blakey, Rav Jayasuria, James Shelton, Simon Booker, Kevin Wembridge

08:45 – 09:00	Registration
09:00 – 09:05	Welcome
09:05 – 10:15	The Trauma Meeting
10:15 – 10:30	Break
10:30 – 11:00	Code Red: Surviving Major Trauma
11:00 – 12:45	Clinical Examinations for FRCS
12:45 – 13:20	Lunch
13:20 – 13:50	Oncology Decoded
13:50 – 14:20	Thriving in Paediatrics
14:20 – 15:30	Clinical Examinations for FRCS
15:30 – 15:45	Break
15:45 – 16:15	Surviving Spines
16:15 – 16:35	FRCS + CCT What I Wish I'd Known Sooner
16:35 – 16:45	Close





PGO FRCS VIVA

Room: Brigante B Suite, Hilton Leeds City

Course Chairs: Matthew Brown, Vittoria Bucknall, Jeya Palan

Faculty: Bec Critchley, Christopher Ghazala, Alexander Durst, Abdalla Enayet, Adrian Andronic, James Chowdhury, Sara Beattie, Alastair Faulkner, Paul Cowling, John Davies, Laura Deriu, Anna Rieman, Kevin Wembridge, Ahmed Saber

08:00 – 08:15	Registration
08:15 – 08:30	Introduction
08:30 – 09:00	Dynamics of the FRCS
09:00 – 11:00	Oral Examination VIVAs
11:00 – 11:15	Break
11:15 – 13:15	Oral Examination VIVAs
13:15 – 14:00	Lunch
14:00 – 15:40	Clinical Examination VIVAs
15:40 – 16:00	Break
16:00 – 17:15	Clinical Examination VIVAs
17:15 – 17:30	Close





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CONGRESS '25

Leeds Marriott Hotel

Wednesday

26TH

November

09:00	Presidential Welcome
09:35	RCSEd
10:05	PrecisionOS
10:15	Keynote Speaker – 'Lift As You Climb'
11:30	Acing ARCP
11:30	Surgical Safety
12:15	BSCOS Great Debate
14:00	OTS Sessions

PUB QUIZ

Thursday

27TH

November

09:00	Dragons Den
09:00	Global Surgery
10:45	Lets Talk Dr FRCS Prep Workshop
10:45	Modernising Training
10:45	Sectra Templating
11:30	TOTY 2025
13:00	Subspecialty Lectures + Workshops

GALA DINNER

Friday

28TH

November

09:30	BJJ Spotlight
10:15	SAC, SDG & FRCS Updates
11:30	AGM
11:30	Maximising Experiences Abroad
11:30	What if I Don't Get a Number?
13:00	Planning Fellowships + Day 1 Consultant
13:00	ST3 Preparation
13:00	CST Preparation





DAY 1

08:15 - 08:45	Registration	
09:00-09:35	BOTA & BOA Presidential Welcome <i>Mr Oliver Townsend and Mr Fergal Monsell</i>	
09:35-10:05	RCS Edinburgh <i>Prof Robin Paton</i>	
10:05-10:15	PrecisionOS	
10:15-11:00	Keynote Address: 'Lift As You Climb' <i>Mr James Tomlinson</i>	
11:00-11:30	Break	
11:30-12:15	Acing ARCP: The Dark Arts of WBAs Thomas Ambler Suite	Lifting Together: Shared Lessons in Surgical Safety Trevelyan Suite
12:15-13:00	BSCOS: The Great Debate	
13:00-14:00	Lunch	
14:00-14:45	OTS Introductory Talk <i>Miss Sharon Scott</i>	
14:45-17:15	OTS Junior Stream 1st Floor DHS Ex-Fix Trauma Physiology	OTS Senior Stream Ground Floor Upper Limb Cases Lower Limb Cases Paeds Cases & Practical
Evening	PUB QUIZ - Be At One Bar	

FACULTY

ACING ARCP: Laura Deriu, Adrian Andronic

SURGICAL SAFETY: Harriett Corbett, Nadia Pakroo, Rishi Dhir

BSCOS DEBATE: Laura Deriu, Mohamed Sabouni, John Davies, Katie Hughes, Anouska Ayub

OTS: Nate Ahearn, Sharon Scott, Sarah Gill, Beth Pincher, Jo Round, Pete Bates, Lynn Hutchings, Jim McVie, Laura Deriu, John Davies, Ahmed Abuyoussef, Ali Alabbas, Katie Hughes, Hannah Philips





DAY 2

08:30-09:00	Welcome & Coffee		
09:00 - 10:15	Global Surgery Thomas Ambler Suite		Dragon’s Den Trevelyan Suite
10:15 - 10:45	Break		
10:45 - 11:30	Modernising Training Thomas Ambler Suite	Lets Talk Dr: FRCS Workshop Trevelyan Suite	SECTRA Templating Workshop Thorpe Suite ★
11:30 - 12:00	Trainer of the Year 2025 Mr Lucky Jeyaseelan, Mr James Tomlinson & Mr James McVie		SECTRA Templating Workshop Thorpe Suite ★
1200 - 1300	Lunch		
13:00 - 14:00	BAJIS & BLRS Infection Symposium Ms Jo Round, Ms Jess Steele, Mr Jeya Palan		BOSTAA Practical Workshop ★
14:15 - 15:15	BOSTAA Clinical Cases Mr Dan Henderson, Mr Naveen Mathai		BHS Practical Workshop ★
15:15 - 15:45	Break		
15:45 - 17:00	BHS Tips & Tricks in Hip Surgery Training Mr Rob Banerjee		BAJIS/BLRS Practical Workshop ★
Evening	Gala Dinner – The Hilton, Leeds City		



PRE-BOOKING REQUIRED FOR THESE SESSIONS. IF YOU HAVE NOT YET DONE SO, PLEASE ENQUIRE WITH A MEMBER OF THE BOTA COMMITTEE IF YOU WOULD WISH TO ATTEND. SUBJECT TO AVAILABILITY.

FACULTY

GLOBAL SURGERY: Chris Lavy, Fortunate Mudede-Moffat, Luke Render, Matt Arnouti

DRAGONS DEN: Prof Hemant Pandit, Prof Paul Banaszkiewicz, Prof Deborah Eastwood

MODERNISING TRAINING: Sophie Howles, Rosemary Wall, Tahir Khaleeq, Oliver Adebayo

BAJIS/BLRS: Jess Steele, Jo Round, Beth Pincher, Chris Crome, Jeya Palan

BHS: Rob Banerjee, Jeya Palan, Sam Jain, Ben Smith, Sophie Crooks, Ben Tyas, Kumar Dash, Ibrahim Ibrahim

BOSTAA: Dan Henderson, Naveen Mathai, Maulik Gandhi, Jim McVie, James Tyler, Kanwal Cheema, James Allen





DAY 3

09:15 - 09:30	Welcome & Coffee		
09:30 - 10:15	BJJ Prize Session		
10:15 - 11:00	Training Updates Specialty Advisory Committee (SAC) – Ms Deepa Bose Selection Design Group (SDG) – Mr Rob Banerjee FRCS Exam – Mr Rajesh Nanda		
11:00 - 11:30	Break		
11:30 - 12:00	BOTA AGM Thomas Ambler Suite	Pre-CST Stream: Maximising Experiences Abroad Brodrick Suite	Pre-ST3 Stream: I Didn't Get A Number, Now What? Trevelyan Suite
12:00 - 12:15	AGM: The Future of BOTA <i>Members Only Segment</i>		
12:15 - 13:00	Lunch		
13:00 - 15:45	Senior Stream: Planning Fellowships The New Consultant Thomas Ambler Suite	BOTAxASITxYES Collab: Maximising Early Years & Preparing for CST Brodrick Suite	BOTAxFunOrtho: ST3 Preparation & Mock Interviews ★ Trevelyan Suite
15:45 - 16:00	Conference Close		



PRE-BOOKING REQUIRED FOR THESE SESSIONS. IF YOU HAVE NOT YET DONE SO, PLEASE ENQUIRE WITH A MEMBER OF THE BOTA COMMITTEE IF YOU WOULD WISH TO ATTEND. SUBJECT TO AVAILABILITY.

FACULTY

SENIOR STREAM: Robin Banerjee, Satish Kutty, Niel Kang, James Tomlinson, Chris Gee, Deborah Eastwood

BOTAxFUNORTHO JUNIOR STREAM – ST3 PREP: Lucky Jeyaseelan, Deborah Eastwood, Paul Cowling, Laura Deriu, Sharon Scott, Lee Hoggett, Amogh Patil, Charmilie Chandrakumar, Kanatheepan Shanmuganathan, Rashaad Hasan, Daniel Tadross, Mubashir Siddiqui, Kem Ekpo, Florence Shekleton

BOTAxASIT JUNIOR STREAM – CST PREP: Meg Baker, Raiyyan Aftab, Alice Luesley, Alexandra Robinson, Ryan Laloo, Rory Clarke, Swetha Prathap, Anand Radhakrishnan





KEYNOTE SPEAKER



Mr James Tomlinson

We are delighted to welcome Mr James Tomlinson as this year's Keynote Speaker at the BOTA Congress.

Based in Sheffield, James is a highly respected Consultant Spinal Surgeon with a distinguished record of leadership, innovation, and dedication to surgical education. A passionate advocate for training and professional development, he has devoted much of his career to supporting the next generation of surgeons.

James' extensive portfolio includes his roles as Past Education Training Programme Director (TPD), SAC Member, Associate Medical Director at Sheffield Teaching Hospitals, and most recently, Chair of the Faculty of Surgical Trainers for RCS Edinburgh. Through these positions, he has championed excellence in surgical training and fostered a culture of mentorship and continuous learning across the profession.

Embodying the ethos of "lift as you climb", James is renowned for his commitment to empowering others — ensuring that as he advances in his own career, he creates opportunities for others to grow alongside him. His leadership, humility, and dedication to trainee support perfectly reflect the values at the heart of BOTA.

We are truly honoured to have Mr Tomlinson join us at this year's Congress. His insights, experience, and passion promise to inspire, challenge, and energize our delegates as we look toward the future of surgical education and leadership.



British Orthopaedic Trainees Association



British Orthopaedic
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TRAINERS OF THE YEAR 2025

Lucky
Jeyaseelan



London - Pott

James
McVie



Northern

James
Tomlinson



South Yorkshire

Tim
Parratt



East of England

Amr
Eldessouky



West Midlands -
Birmingham

Rafik
Fanous



East Midlands
North
Ibrahim
Ibrahim

Randeep
Aujla



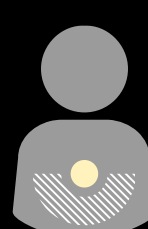
East Midlands -
South
Aditya
Prinja

Henry
Willmott



KSS
Raj
Gangadharan

Syed
Hassan



London -
Stanmore
Numan
Shah

Alex
Magnussen



London -
North West
Paul
Cowling

Alistair
Tindall



London -
South East
Andrew
James

Ian
Gil



London -
South West
Rohit
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London -
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London -
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BRITISH ORTHOPAEDICS TRAINEES ASSOCIATION

PUB QUIZ SOCIETY



BOTA ANNUAL CONGRESS 2025



WEDNESDAY
26TH NOV



7PM



BE AT ONE BAR
19 BOAR LANE

SIGN UP NOW

TICKET: £20 - INCLUDES PIZZA, BAR TAB AND QUIZ



GALA DINNER

2025

CHARITY EVENT IN AID OF IN2MEDSCHOOL

THURSDAY 27TH NOVEMBER

HILTON HOTEL, LEEDS

£80 ● LIVE BAND ● RAFFLE



In2MedSchool



**British Orthopaedic
Trainees Association**



SUBSPECIALTY SOCIETIES

Orthopaedic Trauma Society

OTS



Session Lead: Mr Nate Ahearn
Trainee Lead: Samantha Sharkey
Conference: 10–12th June, London

OTS plays a key role in maintaining and advancing the standards of orthopaedic trauma in the United Kingdom. Its main goals are to advance education, research, and best practices in orthopaedic trauma care, promote collaboration between specialists, and improve outcomes for patients with traumatic injuries.

OTS Offer free membership giving access to multiple resources through their website.

British Limb Reconstruction Society

Session Lead: Miss Jo Round
Conference: 19th –20th March, London

The BLRS was founded in 1997 with the objective of bringing together surgeons and allied professionals involved in the management of congenital and acquired deformities of the upper and lower limbs, reconstruction of post traumatic limb defects and limb equalisation techniques.

The Society aims to advance education and research in the field of limb reconstruction and holds regular scientific meetings and training courses.

BLRS



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**British Orthopaedic
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SUBSPECIALTY SOCIETIES

British Hip Society

BHS



Session Lead: Mr Robin Banerjee

Trainee Lead: Ben Tyas

Conference: 18th–20th March, London

The British Hip Society was conceived during the 1989 Autumn meeting of the BOA. The society is dedicated to advancing patient care through education, training, research, and the development of clinical standards. It supports innovation in both hip preservation and replacement, while also promoting collaborative research and equitable access to treatment. The BHS hosts an annual scientific meeting, instructional courses, and fellowship programmes, providing a platform to share knowledge and best practice across the profession.

Bone and Joint Infection Society

Session Lead: Mr Jeya Palan

Trainee Lead: Vats Gupta

Conference: 18th–19th June, Cardiff

BAJIS is the UK's multidisciplinary society dedicated to advancing the understanding, prevention, diagnosis, and management of musculoskeletal infections. Comprised of orthopaedic surgeons, microbiologists, infectious diseases specialists, radiologists, pharmacists, and other allied professionals, BAJIS provides a forum for collaboration, education, research, and standardisation of care. It oversees the UK Bone & Joint Infection Registry (BAJIR), organises an annual meeting, and works to foster best practices and evidence-based guidelines to improve outcomes for patients affected by bone and joint infection.

BAJIS





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SUBSPECIALTY SOCIETIES

**British Orthopaedic Sports
Trauma and Arthroscopy Society**

BOSTAA

**Session Lead: Mr Maulik Gandhi
Trainee Lead: James Murray**



BOSTAA is a specialist society with a focus on sports injuries, arthroscopy, and sports-related trauma. Founded in the 1990s from the merger of groups with interests in sports trauma and arthroscopy, BOSTAA has grown into a leading UK forum for education, research, and collaboration in this field. Its mission is to improve patient care by promoting advances in clinical practice, research, and education. The association organises an annual scientific meeting, supports travelling fellowships, offers essay prizes, and facilitates the presentation of surgical results and basic research.

**British Society Children's Orthopaedic
Surgery**

BSCOS

**Session Lead: Miss Laura Deriu
Trainee Lead: Katie Hughes
Conference: 11th-13th March, London**

Founded in 1984, BSCOS is the UK's specialist society dedicated to promoting excellence in paediatric orthopaedic surgery and trauma. It offers a forum for sharing clinical practice, surgical results, and research, and hosts an annual meeting featuring lectures, papers, and consensus projects. BSCOS is affiliated with the British Orthopaedic Association and international children's orthopaedic societies, and membership is open to UK practitioners with a substantial interest in paediatric orthopaedics.





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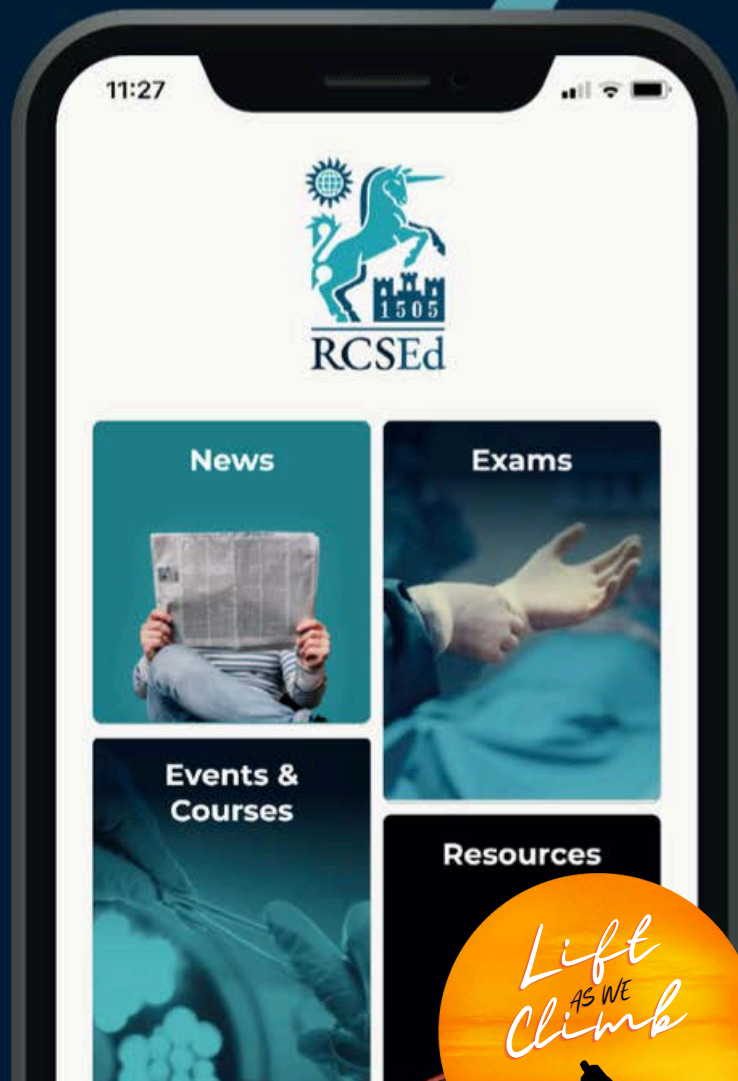
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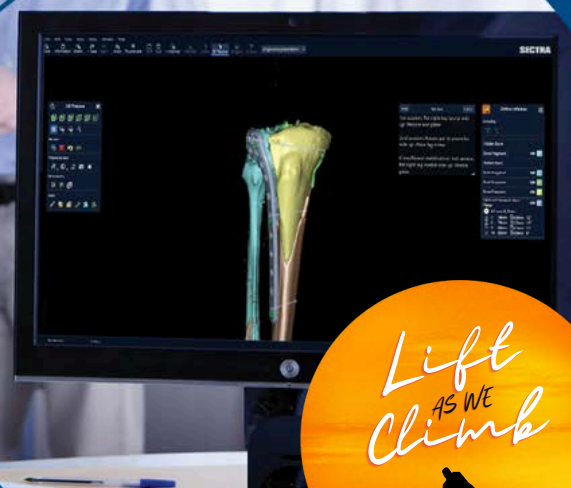
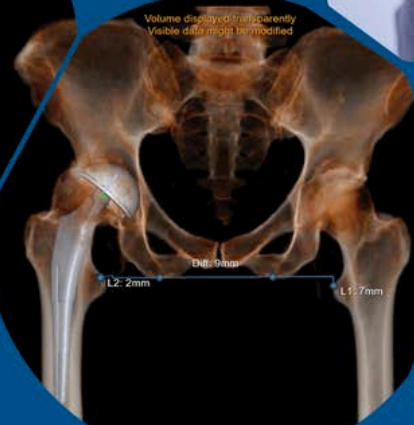
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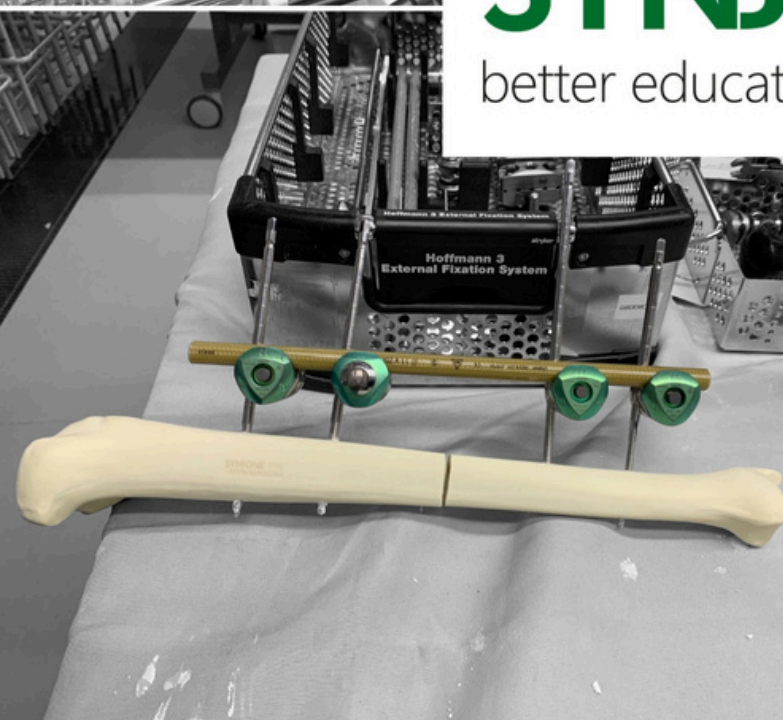


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References: 1. Leighton R, Åkemark C, Therrien R, et al. NASHA hyaluronic acid vs methylprednisolone for knee osteoarthritis: a prospective, multi-centre, randomized, non-inferiority trial. *Osteoarthritis Cartilage*. 2014;22(1):17-25. doi:10.1016/j.joca.2013.10.009 2. Edman K, Hjelm R, Lärkner H, et al. Intra-articular duration of Durolane™ after single injection into the rabbit knee. *Cartilage*. 2011;2(4):384-8. doi:10.1177/1947603511400184 3. Romero Jurado M, Enrique Fidalgo A, Rodríguez Villar V, Mar Medina J, Soler López B. Factors related with the time to surgery in waiting-list patients for knee prostheses. *Reumatol Clin*. 2013;9(3):148-55. doi:10.1016/j.reuma.2012.09.003

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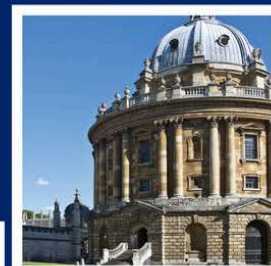
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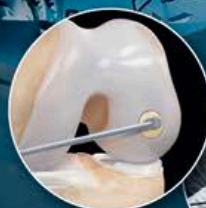
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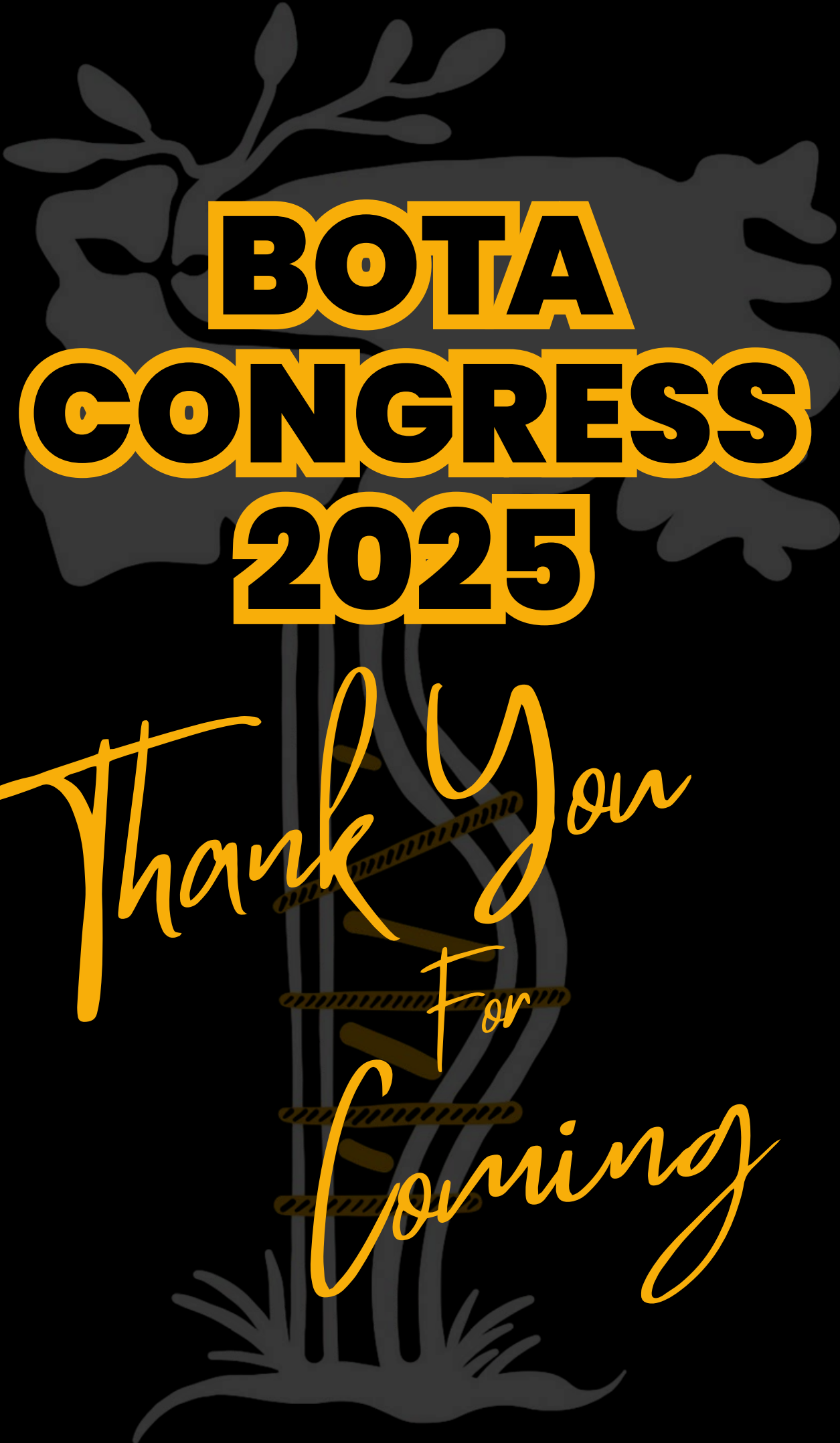
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