

12th May 2006



**Combined Services  
Orthopaedic Society**



Holiday Inn, Plymouth  
and

The Royal Citadel, 29 Commando Regiment

## The Combined Services Orthopaedic Society

President Mr R Vickers  
Chairman Colonel M P M Stewart  
Treasurer Col C Hobbs  
Secretary Major Scott Adams

With thanks to Ms Anne Woodward, Mrs Audrey Willcocks, Miss Nicola Sadler and Miss Rachel Pitt for their help in organising today's event and for providing administrative support.

This year's programme was designed and compiled by Nicola and Rachel as part of their NVQ 3 assignment.

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### WELCOME

As your host, I would like to welcome you to The Holiday Inn, Plymouth, for the Combined Services Orthopaedic Society Scientific Programme.

Surg Cdr Steven R C Smith FRCS (Tr&Orth) RN  
Consultant Orthopaedic and Spinal Surgeon

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# Combined Services Orthopaedic Society 2006 Scientific Programme

## Holiday Inn - Plymouth

For brevity and clarity here, an abbreviated title of each paper is given, together with the presenting contributor. The full title, list of authors, institution and paper abstract are in this booklet, immediately following this programme.

0730 *prompt* *Coach departs HMS Drake to Holiday Inn*

0800 - 0845 **Registration**  
(*Mariner Suite*)

0845 - 0900 **Welcome and Administration**  
Surg Cdr S R C Smith RN  
(*Mariner Suite*)

(All papers strictly 7 minutes followed by 3 minutes of discussion)

0900 - 1030 **Session One:- Lower Limb**  
**Moderator, Wg Cdr Irwin Lasrado RAF**  
(*Mariner Suite*)

Hip resurfacing in active military personnel – K Saeed, Lt Col P Parker

The early results of open surgery for the treatment of hip impingement syndrome.- Surg Lt Cdr JJ Matthews, S W Veitch, M R Norton.

The use of hydroxyapatite coated distally locking femoral prosthesis in revision hip surgery in the elderly.

Maj M Butler, Mr M R Williams, Dr E Traer, Mr J N Keenan

Pre-operative aspirin use is an independent predictor of increased post-operative transfusion requirement in total hip replacement.

Maj S A Adams, Mr I Brenkel

GTN and Achilles tendinopathy – does it work and if so, how?

T Cane, J D F Calder

Percutaneous retrograde drilling of osteochondral lesions of the talus using computed tomography guidance.

Flt Lt Dharm-Datta, J B King, O Chan, P J Buxton

The short-term outcomes of surgically treated osteochondral lesions of the talus.

Mr J Millington, Surg Cdr L B Cannon

The role of hindfoot stiffness in the dorsal bunion.

Maj M Butler, Mr S W Parsons

Effectiveness of pre-operative counselling on smoking patterns of patients undergoing elective forefoot surgery – Dr S Manohar, Surg Cdr L B Cannon

1030 - 1100 **Tea, Coffee, Quiz and Trade Fair**  
(*Mariner Suite*)

1100 - 1240 **Session Two:- Upper Limb and Trauma**  
**Moderator, Lt Col D Standley RAMC**  
(*Mariner Suite*)

Day-Case open shoulder surgery – a prospective study of a peri-operative protocol – Col M P M Stewart, Mr I Gill, Mr S Graham

A randomised controlled trial of treatment of the painful arc of the shoulder  
TPARC – Maj D J Cloke, H Watson, S Purdy, I N Steen, J R Williams

A long term follow-up study of 44 Souter-Strathclyde elbow arthroplasties carried out for rheumatoid arthritis.  
Surg Lt Cdr J J Matthews, B Guhan, J N Dainton, P M Hutchins

A study to examine symmetry in the rotational alignment of fingers using digital photography image analysis.  
Mr T Wright, Surg Lt D E Ayers, A Clarke, M Downes-Wheeler, G Smith

Use of improvised hand external fixator in the field hospital.  
Capt N P McCullough, Wg Cdr G Pathak

The surgical management of complex and femoral non-union – is return to work predictable? – Mr A Abraham, Maj W Eardley, Mr S Patil, Mr R J Montgomery

Osteoperiosteal decortication for the treatment of established fracture non-union and mal-union. – Surg Lt Cdr J J Matthews, A Llangovan, Mr Norton

Preparation for the next major incident: are we ready?  
Surg Lt Cdr Coltman, Mr Cosker, Mr Blagg, Drs Wong, Turner, Boppana

Penetrating limb trauma in the UK military, in training and in practice.  
Surg Lt Cdr S J Mercer, Surg Lt Cdr D E Ayers

Talar neck fracture by a novel mechanism – the biomechanics of vehicle airbag trauma. – Capt D Weller, Mr M Ockendon, Wg Cdr K Trimble, Mr S Hepple

1240 – 1250 **Group Photograph**

1250 - 1350 **Buffet Lunch and Trade Fair**  
(*Mariner Suite*)

1350 - 1520 **Session Three:- General Orthopaedics & Basic Science**

**Moderator, Surg Cdr L Cannon RN**

*(Mariner Suite)*

Predicting the outcome of sciatica – the use of the Nottingham Health Profile and Oswestry Disability Index.

A Abraham, A Mountain, T I Sherief, S M Green, S Roysam, J L Sher

Objective assessment of the arthroscopic surgical kills.

Mr M D Brinsden, Dr H S Gill, Mr P Reilly, Prof A J Carr, Mr J L Rees

Physiological penalties of prolonged hypotensive resuscitation.

*(Abstract awaiting clearance)*

S Watts, J Garner, C Parry, J Bird, E Kirkman

Electrolytes, orthopaedics and elderly care: Hyponatraemia revisited.

Maj W G P Eardley, Mr P N Baker

Effectiveness of hypertonic saline-dextran for fluid resuscitation.

*(Abstract awaiting clearance)*

C Parry, J Garner, J Bird, S Watts, E Kirkman

Meeting the informational needs of patients with lizarov frames.

M P Newton Ede, C Miller, M H A Malik, L Prudhoe, R A Wilkes

The control of haemorrhage with recombinant factor VIIa (rFVIIa).

*(Abstract awaiting clearance)*

G Lawton, M Green, N Martin, C parry, S Watts, E Kirkman

Picture archiving and communications system (PACS) measuring facility – an unreliable tool in orthopaedic surgery.

Maj W G P Eardley, Mr P N Baker, Maj A Mountain

How retrospective are our literature searches?

A P Wall, A D Carrothers, M Fehily

1520 – 1550 **Tea, Coffee, and Trade Fair**

*(Mariner Suite)*

*(1540 - 1550)* **Adjudication of Awards**

1550 - 1630 **Guest Lecture**

**Mr Graham Gie MBChB,FRCSEd.,FRCSED(Orth)**

***“THE EXETER HIP: SERENDIPITY”***

1630- 1645    **"State of the Union"**  
                  **Colonel M P M Stewart QHS FRCSOrth L/RAMC**

1645 - 1700    Award of the Philip Fulford Memorial prize for best Trainee Paper  
                  Award of book voucher for best overall paper - donated by Bauerfeind UK  
                  Award of quiz prize

1700 - 1750    **CSOS Business Meeting, members**  
                  *(Mariner Suite)*

1750 Prompt    Coach departs Holiday Inn for HMS Drake

### **EVENING ITINERARY**

1840 Prompt    Coach departs from HMS Drake Main Gate to Holiday Inn

1900 Prompt    Coach departs from Holiday Inn, Plymouth, for the Royal Citadel.  
                  (A brief history of the Citadel has been included at the back of this programme)

1915 – 2000    Reception Drinks  
                  Beat the Retreat performed by the Band of Her Majesty's Royal Marines

2000 - 2230    Dinner

2230 - 0030\*    Bar facilities

**\* (2300 – 0100) Shuttle service from The Citadel to HMS Drake via The Holiday Inn**

# The Royal Citadel

## Background and History

The Royal Citadel is home to 29<sup>th</sup> Commando Regiment Royal Artillery. Using the 105mm Light Gun, the Regiment provides artillery support to the Royal Marines of 3 Commando Brigade. The Officers' Mess is home to serving officers of the Regiment and you are asked to respect this.

## A Short History

Fortifications of various kinds have existed on the high ground along the waterfront of Plymouth from the early days, providing protection both for the town and for shipping lying in the harbour. The immediate predecessor of the Royal Citadel was, however, the fort built by Sir Francis Drake after the defeat of the Spanish Armada, for reasons set out in his petition to Queen Elizabeth:

*"... To build a fort for the defence of said town and annoyance of the enemy, which they would undertake to make that of sufficient strength, that the forces of they allies have in readiness within said town should be able to withstand the enemy they were 5000 strong for 10 or 20 days at least without one penny charge to her Majesty, in which time the country might come to their relief."*

The fort, which occupied the exact site of the present Royal Citadel, was triangular in design with a broad base towards the sea. The fort was never completed; it was demolished in 1666 to make way for the present Royal Citadel.

## The Present Fortifications

The Royal Citadel was built in the rein of King Charles II between the years 1666 and 1667. The foundation was laid by the Earl of Bath, the Governor, in the presence of Sir John Skelton, his deputy and Sir Bernard Gomme the Chief Engineer. Two inscribed stones are in the walls, one at the angle below the main flagstaff inscribed "*Jo Earle of Bath 1666*", the other about thirty yards to the south of the West Sally Port bearing the inscription "*PL 1666*".

The Ramparts, which are about three-quarters of a mile around, 60 feet high and 20 feet thick were originally surrounded by a deep moat on the east, north and west sides. A drawbridge in front of the main gate crossed the moat but only the chains of the portcullis remain, the drawbridge was removed in 1888.

## The Main Gate and Buildings

The gateway of the Royal Citadel is attributed to Sir Thomas Fitz in 1670. The gate bears the Royal Arms and the Cipher besides the arms of John Grenville, Earl of Bath. Above his arms is a niche, now containing four cannon balls, which is claimed once held the statue of King Charles II. The inscription: "*Carolus Secundus die gratia magnae Britanniae Franciae et Hiberniae Rex*" "*Charles the Second by the grace of god King of Britain, France and Scotland*" – tends to confirm this. The statue was removed in 1689 by the Earl of Bath, before he surrendered the Citadel to William of Orange. William had just landed at Torbay and it would not have been particularly appropriate for a recently created statue of Charles II to look down upon this surrender.

Only four of the original buildings have survived: the Guard House (now the Guard Room); the Governor's House (now RHQ); the Storehouse (now a barrack block); and the Chapel of St. Katherine-upon-the-Hoe.

The original front door of the Governor's House, a solid oak door, 7 feet high by 4 feet 6 inches wide, heavily studded with iron, is now mounted by the front door of the RA Mess. More recently, the Citadel was restored in 1992



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Yours sincerely,

Anthony Catterall  
Chairman

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