

Curriculum Vitae

Mr Ben CJ Rudge

MBBS (Lond), FRCS (Tr and Orth)

Consultant Orthopaedic Surgeon (Foot and Ankle)

West Hertfordshire NHS Trust

St John & St Elizabeth Hospital

Spire Bushey Hospital

PERSONAL DETAILS

Address 31 Nassington Road
Hampstead
London
NW3 2TX

Date of Birth April 1976

Marital Status Married

Nationality British

GMC number 4677510

ORGANISATIONS

Member of: British Medical Association
British Orthopaedic Foot and Ankle Society
Registered with the Information Commissioner's
Office (ref Z3090752)

EDUCATION

1994-2000 St George's Hospital Medical School
University of London

1989-1994 Tonbridge School, Music Scholarship

QUALIFICATIONS

2009 FRCS (Tr and Orth)

2004 MRCS (England)

2000 MBBS (Lond)

CURRENT POSITIONS

NHS Post:

Consultant Orthopaedic Surgeon with a specialist interest in Foot and Ankle Surgery including complex trauma of the foot and ankle.

Past Clinical Director Department of Orthopaedics (2019-2024)
West Hertfordshire NHS Trust

Private Practice:

Consultant Orthopaedic Surgeon with a specialist interest in Foot and Ankle Surgery including complex trauma of the foot and ankle.

St John & St Elizabeth Hospital
Spire Bushey Hospital

RELEVANT CLINIC SKILLS AND COMPETENCE

I am a Consultant Orthopaedic Surgeon with an active NHS practice at West Hertfordshire NHS Trust where I was appointed in 2012.

I was appointed as Clinical Director of the Dept of Orthopaedic and Trauma Surgery in 2019 and held that position until 2024.

My elective work is predominantly in the field of foot and ankle surgery, I continue to have a practice in the regular management of foot and ankle trauma.

In 2013 I was appointed as the College Tutor for Surgery for my Trust, a position I held for 5 years.

I am a regular panel member of the Annual Review of Competence Progression for the Orthopaedic Senior Trainees on the Royal National Orthopaedic Hospital Training programme.

I teach on the internationally recognised annual Stanmore Foot and Ankle Course.

I became dedicated to a career in Foot and Ankle Surgery during my higher surgical training on the Royal National Orthopaedic Hospital (Stanmore) Training Programme and gained experience in this field in both District General hospitals and Tertiary referral centres.

I had further Fellowship training in Adult Foot and Ankle Surgery and gained experience in the management of relevant paediatric orthopaedic conditions from the Royal National Orthopaedic Hospital with whom I maintain a good working relationship.

I finished my training at the Royal London Hospital where I gained further experience in the management of complex foot and ankle trauma.

EXPERT WITNESS EXPERIENCE

I have been acting as an Expert Witness since being appointed as a Consultant in 2012 during which time I have prepared in excess of 1500 reports.

The majority of these have been in low value Personal Injury cases predominantly instructed by the Claimant. I have experience in preparing Joint reports and have also prepared reports for Clinical Negligence cases including Liability and Causation, and Condition and Prognosis reports.

I have prepared in excess of 400 reports instructed by Defendants solicitors for NHS Trusts assessing Breach of Duty, Causation and Condition and Prognosis when a Letter of Claim is received. The majority of my Negligence work therefore has been instructed by the Defendant.

As my clinical work has evolved and is now almost exclusively limited to foot and ankle problems my medicolegal work has become more subspecialised as well; I limit myself now to issues affecting the foot and ankle and no longer accept instructions in the generality of Orthopaedic trauma.

I always find working with Solicitors and Barristers during more involved cases fascinating and I am very keen to further that exposure in the future.

I have undergone training in the medico-legal process, and I am aware of my responsibilities under the Civil Procedure Rules (CPR) pertaining to expert witnesses.

- BOND SOLON (British Medical Association) Medicolegal Expert Courtroom Skills Course in November 2024.
- BOND SOLON Civil Procedure Rules for Expert Witnesses, 2012.
- British Medical Association Annual Expert Witness Conference in London March 2017, 2018 and 2024.
- “The Medico-Legal Conference” in Westminster in May 2019.

RELEVANT PUBLICATIONS

- Gastrocnemius Release in the Treatment of Achilles Tendinopathy: A Systematic Review.
White, Seyed-Safi, leong, **Rudge**
Ind J Orthop. 2024 Mar 2; 58 (5)
- Safety of early weightbearing after ankle fracture fixation.
Da Sa, Shah, **Rudge**, leong
Eur J Orthop Surg Trauma. 2024 Feb; 34(2)
- Increasing Consensus on terminology of Achilles tendon-related disorders
Ankle Platform Collaborative - Science of Variation Group
Knee Surg Sports Trauma Arthrosc 2021 Aug; 29 (8)
- The UK Foot and Ankle COVID-19 National (FAICoN) Audit
Mangwani, Malhotra, et al UK FAICoN Collaborative
Bone Jt Open 2021 Apr; 2 (4)
- The UK Foot and Ankle COVID-19 National (FAICoN) Audit – Regional Variations in COVID-19 Infection and national foot and ankle surgical activity.
Mason, Malhotra, et al UK FAICoN Collaborative
Foot Ankle Surg 2022 Feb; 28 (2)
- Minimally invasive distal metaphyseal metatarsal osteotomy (DMMO) for symptomatic forefoot pathology – Short to medium term outcomes from a retrospective Case Series.
Malhotra, Joji, Mordecai, **Rudge**
Foot (edinb). 2019 Mar; 38
- Is it possible to overcompress the syndesmosis?
Mahapatra, **Rudge**, Whittingham-Jones P
J Foot Ankle Surg. 2018 Sep-Oct; 57 (5)
- Large Variation in use of patient-reported outcome measures: A survey of 188 foot and ankle surgeons.
Zwiers et al Ankle Platform Study Collaborative – Science of Variation Group.
Foot Ankle Surg. 2018 Jun; 24 (3)
- Talar Neck Fracture after United Tibiotalar Fusion.
Platt W, Welck M, **Rudge B.**
Case Rep Orthop. 2015;2015:927259.

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- Stress fractures of the foot and ankle.
Welck MJ, Hayes T, Pastides P, Khan W, **Rudge B**.
Injury. 2015 Sep 15. [Epub ahead of print] Review.
- A case of check-rein deformities of the great and lesser toes treated through exploration at the midfoot.
Sinnott T, **Rudge B**, Clark C.
Foot Ankle Surg. 2015 Mar;21(1)
- Lisfranc injuries.
Welck MJ, Zinchenko R, **Rudge B**.
Injury. 2015 Apr;46(4):536-41. doi: 10.1016/j.injury.2014.11.026. Review.
- Traumatic Dystonia: An Important Orthopaedic Differential Diagnosis.
Schaller G, Tai S, Valavanis A, Korlipara P, **Rudge B**,
Foot and Ankle International 2014 Mar 27: 35(6): 623-625
- A Rare Lisfranc-type Injury involving dorsal dislocation of the intermediate cuneiform.
Kalraiya A, Vanhagen I, Cheung A, **Rudge B**.
BMJ 2014 Jul 29 2014
- Guesstimation of Posterior Malleolar Fractures on Lateral Plain Radiographs.
Ankle Platform Collaborative Study - Science of Variation Group
Injury Oct; 46(10): 2024-9
- Reliability and Variability of OS Calcis measurements in Children
Clint, Morris, Malaga-Shaw, Oddy, **Rudge**, Barry
JBJS Br 92-B, 4, 571-5