

## Mr Phil Johnston

Mr Phil Johnston MD FRCS practices in Addenbrooke's and Ely Princess of Wales Hospitals and also at the Spire Cambridge Lea and Nuffield Cambridge Health Hospitals.

Appointed in 2009 to undertake upper limb surgery, his work includes elective treatment of conditions affecting primarily the **hand and wrist**, but also the **shoulder and elbow**, and acute and reconstructive management of trauma-related problems in both the upper and lower limbs.

Common elective conditions seen include **carpal tunnel syndrome, arthritis in the hand and wrist, Dupuytren's disease, ganglia and tendinopathic** conditions involving the hand & wrist (**trigger digits, DeQuervain's tenosynovitis**, other wrist tendinopathies), **elbow (tennis and golfer's elbow, biceps problems)** and **shoulder (rotator cuff pathology, impingement)**.

With the recent controversy surrounding the ASR total hip replacement (incomplete clinical testing but heavy marketing) he is keen to engage in discussions with patients about the best course of action when treating arthritic joints in the hand and wrist (replacements are available although other options are often preferable).

Trauma-related conditions include operative and non-operative management of distal radius fractures, scaphoid fracture & non-union and treatment of other upper limb injuries, for example clavicle fractures. In addition to this subspecialty trauma provision, as part of the Unit providing holistic trauma care at Addenbrooke's he treats all common fractures and soft tissue injuries and is happy to organise care in the independent sector for patients with fractures who need to plan their treatment around their own schedules: particularly relevant when hospitals have a large trauma backlog sometimes necessitating these patients' treatment to be delayed.



Phil's research interests include an MD in the molecular biology and clinical aspects of Dupuytren's disease and he is currently the local lead for a national research trial into the management of distal radius fractures. The recent addition of enzymatic treatments for Dupuytren's has sparked new interest into less invasive management of this relentless condition and Phil is happy to guide your patients through the options.

**Mr Johnston is very willing to see patients of all ages with hand, wrist, elbow and shoulder problems. He holds regular clinics and operating sessions in Cambridge.**

**Appointments are made by his PA on 01223 550888.**

