

# JOINT ACTION NEWSLETTER

EMPOWERING CHANGE THROUGH YOUR SUPPORT

## United in Strength and Support

### We're Back – and More Determined Than Ever!

It's been some time since our last newsletter – and we've missed sharing our progress with you. During that time, one thing has never changed: our commitment to supporting world-class orthopaedic research that helps people move freely, live without pain, and rebuild their independence.

Thanks to your continued support, Joint Action remains dedicated entirely to funding research into bone and joint conditions. Now, as we relaunch our newsletter, we're excited to show you exactly how your generosity is changing lives – and how you can continue to make an incredible impact.

### Why Your Support Matters

Every year, millions of people in the UK are affected by arthritis, fractures, and other orthopaedic conditions. These can be life-limiting, painful, and isolating. Yet, orthopaedic research receives less public funding than other areas of medicine.



## What do the stats say

**More and more people are living with multiple long-term conditions.  
We all know someone who is affected by a MSK condition.**

According to Arthritis UK, MSK conditions are the second most common diagnosis (after mental health conditions). That is **20.2 million adults** and **600,000 children and young people** under the age of 20 years old in the UK.

Around **36% of people** with multiple long-term conditions live with both physical and mental health issues. In midlife, **1 in 5 adults** experience recurrent back problems, and across England, **1 in 8 people** live with at least two long-term conditions, one of which is musculoskeletal. – *The State of Musculoskeletal Health 2025*, page 23 – [www.arthritis-uk.org/policy-and-data/health-intelligence/the-state-of-musculoskeletal-health/](http://www.arthritis-uk.org/policy-and-data/health-intelligence/the-state-of-musculoskeletal-health/)



**Joint Action is committed exclusively to funding vital research into bone and joint conditions, making a significant impact on patients' lives.**

Your generosity helps fund pioneering studies, support clinical trials, and empower researchers working to improve mobility, reduce pain, and restore independence for thousands of patients. Together, we're building a stronger foundation for the future of musculoskeletal health and ensuring that innovation continues to reach those who need it most.

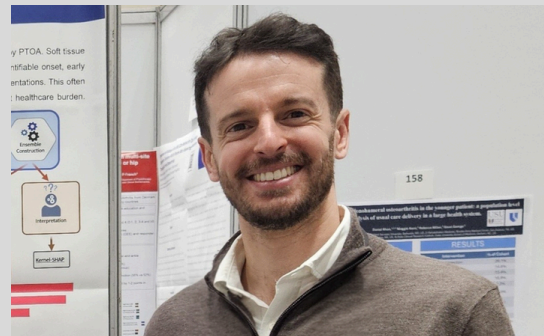
## Where Your Donations Go

Every donation helps us fund vital research projects and support the next generation of orthopaedic researchers, like the **BOA Fellowship** and **Surgical Speciality Leads for Clinical Trials**.

## BOA Fellowship

The BOA and Orthopaedic Research UK (ORUK) proudly partner on a joint research fellowship supporting the next generation of research-active orthopaedic surgeons. Each year, two fellowships (up to £65K each) fund innovative projects that advance clinical knowledge and improve patient care.

Congratulations to **Mehnoor Khaliq and Simone Castagno**, recipients of the 2025 Fellowships.



*Simone Castagno*

**Mehnoor's research project** will be looking into why certain people, such as those with **diabetes** or **arthritis**, are more likely to develop infections around hip and knee implants. By studying how the immune system responds, the team hopes to develop **new prevention strategies**, such as **Special implant coatings** that boost the body's own defences at the site of surgery

This research could pave the way for safer implants and better outcomes for patients worldwide.

**Osteoarthritis(OA)** affects nearly **600 million people globally** and is becoming more common as populations age. **Simone's research project** will focus on using **artificial intelligence (AI)** to predict which patients' OA may worsen faster. This innovative approach aims to:

- **Spot high-risk patients earlier**
- **Support more personalised care**
- **Design better clinical trials**

We wish them both the greatest success in their projects!

## Fundraising in Action – Powered by You

We are fortunate to have supporters who take on a range of incredible challenge events on our behalf, from the London Marathon to RideLondon and many more. Their dedication and efforts make a huge difference to our work, and we're immensely grateful for their commitment.

### London Marathon runner

- Benedict Rogers
- Claire Holden
- Andrew Osborne
- Hayley White
- Katie Geddes
- Tobias Körner
- Nathan Lumber

### Ride London Team

- Duncan Beedall
- Eugene O'Herlihy
- Mike Keen

### Royal Parks Half Marathon

- Alice Coburn-Smith
- Nicholas Dunwell
- Colin Watson
- Olivia Clarke

### Outstanding Fundraisers

- Jennifer Woodford – 1,000 km of Ultra Marathons
- Will Paton – Ironman and Marathon finisher
- Professor Hamish Simpson – Edinburgh Half Marathon
- Hannah Louise – 11-day trek across the Maasai Mara
- David Smith – completed the Bob Graham Round



**Every step, every mile, every challenge brings us closer to restoring movement and transforming lives.**

### Feeling Inspired?

We have several ideas and activities that suit you and fit your lifestyles to raise donations. Find out more on our website here [www.boa.ac.uk/research/fundraising](http://www.boa.ac.uk/research/fundraising).

## Leave a Lasting Legacy

Your legacy can help someone walk again, live without pain, and reclaim their independence.

**Remembering a charity in your will is simple**, so after you've taken care of your loved ones, please consider leaving a life-changing gift to Joint Action. Every legacy gift, no matter the size, funds ground-breaking orthopaedic research that transforms lives for generations to come.

For an easy step-by-step guide to everything you need to know about leaving a legacy to Joint Action, please visit: [www.boa.ac.uk/research/leaving-a-legacy](http://www.boa.ac.uk/research/leaving-a-legacy)

### Make a Difference, Donate Today!

Donating couldn't be simpler! Or you can send a cheque by simply donating to 'Joint Action' and send by post to: Joint Action, The British Orthopaedic Association, 38-43 Lincoln's Inn Fields, London WC2A 3PE.

### Ways to Fundraise

We have several ideas and activities that suit you and fit your lifestyles to raise donations. Find out more on our website here: [www.boa.ac.uk/research/fundraising](http://www.boa.ac.uk/research/fundraising)

## Surgical Speciality Leads for Clinical Trials

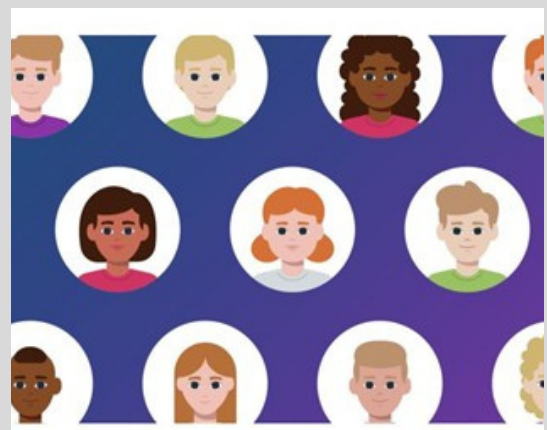
Thanks to the generosity of our donors, the BOA funds three Surgical Specialty Leads, coordinated through the Royal College of Surgeons of England: Professor Xavier Griffin, Mr Alex Liddle, and Professor Daniel Perry. Their role is to connect clinicians, lead clinical research groups, and work in partnership with trials units and wider stakeholders to advance orthopaedic and trauma research—ultimately helping to expand clinical trials and improve patient care.

## Research Spotlight: Professor Daniel Perry

Over the past decade, children's orthopaedics has been transformed by clinical trials that were once thought impossible to deliver. Our research group ([www.TOTSresearch.org](http://www.TOTSresearch.org)) has gone from a field with no randomised trials to leading the world in generating the evidence that now shapes care. Studies such as the FORCE Trial, which showed that simple bandages work just as well as casts for many childhood wrist fractures, have already changed practice across the NHS and internationally – sparing thousands of children unnecessary treatment and follow-up visits each year.

We are now delivering landmark studies that test some of the biggest unanswered questions in children's surgery – whether to operate on elbow (medial epicondyle) fractures, whether displaced wrist fractures need reduction, and whether surgery truly benefits children with Perthes' disease of the hip.

Trials like [Op NON-STOP Study](#) (**Operative or Non-Surgical Treatment of Perthes' disease**) aims to evaluate the clinical and cost-effectiveness of containment surgery compared to best conservative care amongst children aged 5 to 12 years old with Perthes' Disease.



These are trials that many said could never be done – yet they are now underway, creating huge excitement across the global orthopaedic community – and they're just the tip of the iceberg. Step by step, we're moving from tradition and opinion toward evidence-based surgery, improving care for children around the world.