

## **Dr. Adam BUDGEN**

**York, England**

**Consultant Orthopaedic Foot & Ankle Surgeon  
York Hospitals**

**BSc Hons MB.BS. FRCS (Trauma & Ortho)**

Languages : English native speaker, Spanish

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Adam Budgen has been a Consultant Orthopaedic Surgeon since 2003. He specialises in all aspects of Foot and Ankle Disorders. Educated at Ampleforth College, he then studied at Imperial College/St Mary's Hospital Medical School. He went on to perform his surgical specialty rotation at the Royal Postgraduate Medical School and Hammersmith Hospital before training as a registrar in Yorkshire.

He performed an International Foot and Ankle fellowship with the renowned Terry Saxby in Brisbane before returning to York as a Consultant Surgeon. He has also studied with Louis Samuel Barouk, the internationally renowned forefoot specialist.

He is a director of North Yorkshire Orthopaedic Specialists and the Dynamis Sports and Orthopaedic Clinic. He is also the director of the White Rose Sports Clinic which treats teams from the Premiership and all championship soccer divisions, the Rugby Super League, the Rugby Football Union, the England and Wales Cricket board and Team GB triathlon and athletics as well as many other sports. He has been routinely using extracorporeal shockwave therapy since 2007 and was amongst the first pioneers of this treatment in the UK.

His interests include all aspects of Foot and Ankle disorders but in particular sports and dance injuries, forefoot disorders including hallux valgus, hallux rigidus (arthritis) and deformity.

He has a large experience of Great Toe resurfacing and Ankle Replacement. He also has a large practice treating patients with soft tissue disorders, Achilles tendinitis, plantar fasciitis, and tendon injuries. He provides the regional service for Achilles tendon ruptures as well as extra-corporeal shockwave therapy for soft tissue enthesopathies.

He has set up a centre of excellence for the treatment with minimally invasive techniques of the hindfoot and forefoot and has been one of the two pioneering centres in the UK for this type of treatment.

He has widely published on the treatment of Achilles and other foot and ankle disorders and is the director of the charity K'anchay Nan that organises orthopaedic and sports medical treatment in Peru. The organisation is involved in international orthopaedic and sports medical education and has started the series of foot and ankle symposia in Latin America last year in Lima and Arequipa.

He is also the director of the Global Gateways federation involved in logistics of healthcare throughout the world seeking to link up health organisations in the UK, North and South America and other world regions.

## **CURRENT POSITION**

Consultant Orthopaedic Foot & Ankle Surgeon  
Dynamis Sports and Orthopaedic Clinic since April 2013  
Sports Foot and Ankle Service. Multidisciplinary clinic for both professional and non professional sportsmen and dancers

## **MEMBERSHIPS**

- British Orthopaedic Association
- British Orthopaedic Foot and Ankle Society
- American Orthopaedic Foot & Ankle Society
- World Orthopaedic Concern

## **RESEARCH**

He has published widely on Hindfoot fusion, Ankle and Hindfoot deformity, Achilles tendon injuries, Ankle replacement, and inflammatory arthritis of the foot and ankle, and minimally invasive surgery of the forefoot.

He regularly takes part in education of consultants and registrars and is the director of specialist foot and ankle fellowship. He has been on many international faculties for treatment of foot and ankle disorders. He regularly teaches and is a faculty member for teaching in BASEM, the British Association of Sports and Exercise Medicine.