

# Your COTSWOLD LINK WEST OXFORDSHIRE

Next Issue:  
Copy: 4<sup>th</sup> October  
Dist: w/c 30<sup>th</sup> Oct

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September / October 2023

## Robotic Hip & Knee Surgery



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Kate  
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"This is the second time we've used Elite and they're nothing short of fantastic. They're always so helpful and a very friendly team. Our installers did a wonderful job and we're warmer and cosier in our home already, I wouldn't hesitate to recommend them and the beautiful traditional style of windows they helped us select. It makes our home look clean and in keeping with the area, while still getting all the benefits of UPVC."

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# Risks and Rewards of Mako Robotic-Arm Assisted Hip and Knee Surgery

I am one of a few Orthopaedic Robotic Surgeons in the UK currently using this revolutionary technique **Mako robotic-arm assisted surgery for total knee and hip replacements.**

I warmly welcome this state-of-the-art technology to Spire South Bank Hospital in Worcester. In this article I explain what Mako is, how it works and the advantages of using the robot.

## **What is Mako robotic arm technology?**

Stryker has developed Mako robotic-arm assisted technology taking surgery into the next generation. The Company worked alongside Orthopaedic Surgeons to design an innovative system, that can be used to

pre-plan joint replacements procedures using a CT-based 3D scan of the patients unique anatomy. Mako assists with more accurate positioning of standard implants, which help to improve clinical outcomes.

## **How does Mako work?**

Before surgery, patients have a CT-based scan of the damaged joint. A 3D virtual model of their unique anatomy is loaded into the Mako system software and used to create a personalised pre-operative plan. During surgery, I guide the robotic arm, using it to prepare the joint to receive the prosthetic implant.

The Mako system supports me to remain within the pre-defined area of the joint, so only damaged or diseased tissue is removed. As a result, the implant is positioned in precisely the right place and as much of the patient's natural joint as possible is retained. If a revision joint replacement is needed at a future date to replace a worn-out prosthesis, then having had an initial Mako assisted joint replacement can reduce the risk of complications and ensure better outcomes.

## **What are the rewards of Mako robotic-arm assisted surgery?**

The rewards of having a Mako procedure include:

- **Accuracy** – Because the system allows me to create a personalised surgical plan, implants are positioned with even greater accuracy. This is important as even fractional

misalignment can cause pain, discomfort and reduced performance.

- **Safety** – The Mako system supports my skill, helping me to remain within the area identified in their pre-operative planning stage and reducing the chances of human error.

- **Minimising stress on soft tissues** – Mako maps the natural movement patterns of the joint to reduce stress on soft tissues and ligaments and ensure the joint can move naturally using

the artificial implant.

- **Fewer complications** – Results show fewer prosthesis complications after surgery and shorter rehabilitation times. There may also be reduced blood loss as there is less unnecessary exposed bone surface.

- **Reduced risk of implant failure** – Improving accuracy helps to reduce the risk of implant failure and potentially the need for revision surgery in the future.

## **Are there any risks with Mako robotic surgery?**

All surgery carries risks and Mako robotic arm assisted hip and knee replacements are no exception. I will discuss any potential risks with you.

To book a consultation or for further information contact:

RoboDoc Mr Nadim Aslam  
Orthopaedic Robotic Surgeon, of the  
Worcestershire Knee & Hip Clinic

[info@wkhc.co.uk](mailto:info@wkhc.co.uk)

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## **Contact:**

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I am one of a few Orthopaedic Surgeons in the UK currently performing Mako robotic-arm assisted surgery for total knee and total hip replacements and have one of the fastest set-up's in the UK.

By using the latest technology to plan the surgery using a CT-based 3D modelling of bone anatomy, the hip or knee can be replaced with less soft tissue damage, enabling a more predictable surgical experience with increased precision and accuracy.

“Patients who have opted for robotic-arm assisted surgery have seen great results, faster recovery, a shorter hospital stay and rapid return to full function.”

[worcesterkneeandhipclinic](https://www.instagram.com/worcesterkneeandhipclinic)

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[www.youtube.com/@nadimaslammako](https://www.youtube.com/@nadimaslammako)

## **Practice addresses:**

Spire South Bank Hospital: 139 Bath Road, Worcester, WR5 3YB

The Droitwich Spa Hospital: St Andrews Road, Droitwich, WR9 8DN

To book a consultation with RoboDoc or for more information, contact:

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Where is the robot based and how can I get further information?

The robot is based at Spire South Bank Hospital in Worcester.



# WISE INVESTMENT

## THE INS AND OUTS OF PENSION SAVING



**In the March Budget, the Chancellor totally lifted the lid on pension saving. Not only was the annual contribution limit increased to £60,000, but to everyone's surprise the lifetime cap on your pension value was scrapped.**

But with so many pressures on people's budgets, it's understandable that you might put off long-term saving. Especially if, as is the case with pensions, you cannot access the money until you are in your late 50s.

But when you get to retirement, you can be sure there will be the same cost of living challenges, so can you afford not to save for the future?

The great attraction of pensions compared to other forms of saving is the instant boost you get from tax relief. Effectively you are paying yourself ahead of the taxman. Also, the money grows tax-free until retirement. Because of the magic of compound returns, and the long-term nature of pensions, relatively modest amounts paid in regularly over a long term can build up to a significant sum.

Most savers get an immediate uplift of 25% on the amount they put in, but for some it could be double or even triple the contribution. It depends on your employment status, how much you earn, and the generosity of your employer.

If you are self-employed, and pay £100 per month into a pension, tax relief claimed by the pension provider adds £25. If you are a higher rate taxpayer, then you can claim an additional £25 through your tax return, so your total contribution of £125 has only cost you £75.

Most employed people are now offered a 'workplace pension' by their company, with the company obliged to pay in at least 3% of your earnings (within a given range), provided you pay at least 5%, giving a total of 8%. However, part of your payment is tax relief, so as a basic rate taxpayer you pay 4%, end up with 8% and you have doubled your money. That's the basic level - it's common for companies to match the contribution made by the employee.

### Salary sacrifice

If you are not already making your company pension contribution by 'salary sacrifice', then it's definitely worth asking your employer about it. In exchange for reducing your salary, your company pays the difference into your pension, on top of the company contribution they are already required to pay.

The numbers work out the same as for an ordinary workplace pension contribution, but you get a bonus because with a lower salary, you pay lower National Insurance Contributions. Your company also saves employer's National Insurance (now over 15% of your salary). If they are feeling generous, they could top up your pension by some or all of the amount they save!

Let's look at a higher rate taxpayer taking advantage of a company contribution matching their own, using salary sacrifice, and sacrificing a gross amount of £500 a month (£6,000 a year). The reduction in their net income each year would be around £3,400, while the total paid into the pension would be about £12,900 including the National Insurance Contributions the company has saved (you'll have to trust me on the maths). The value in the pension is almost 3.8 times the cost to the individual.



Note that one drawback of salary sacrifice is that with a lower salary, the amount you can borrow on a mortgage could be reduced.

Whatever the arrangements, and the minimum contributions might be, you can always choose to pay more, with the limit on contributions from all sources being equal to your gross earnings or £60,000 if lower.

### Running your own business

What if you run your own limited company? Well, you could have a great deal of flexibility in how you shape your salary, dividends and pension.

Provided you can justify it in terms of the performance of the business, the company can pay directly into your pension fund, with the annual limit being £60,000, less any contributions from other sources. Unlike for personal contributions, you are not limited to your amount of salary you receive. If you are already taking salary and dividends up to the top of the basic rate income tax threshold, pension savings can be a very effective way of dealing with a surplus of cash in your business.

I would always recommend discussing your plans with an accountant before proceeding.

Whatever your situation, there's a good case for getting your pension savings up and running. And remember, the sooner you start, the better the outcome is likely to be. Even children can have a pension, so if perhaps their parents or grandparents have some spare change, and want to give them a good start, then a monthly sum into a pension is worth considering.

The maximum that can be paid is £2,880 a year (£240 a month), but they still get the tax relief boost, bringing that up to £3,600 a year. What's more, they can't waste the money on high living, at least not until their retirement!

**If you would like to explore how you can make the most of your savings, one of our team of experienced Financial Planners is on hand for a no obligation initial chat.**

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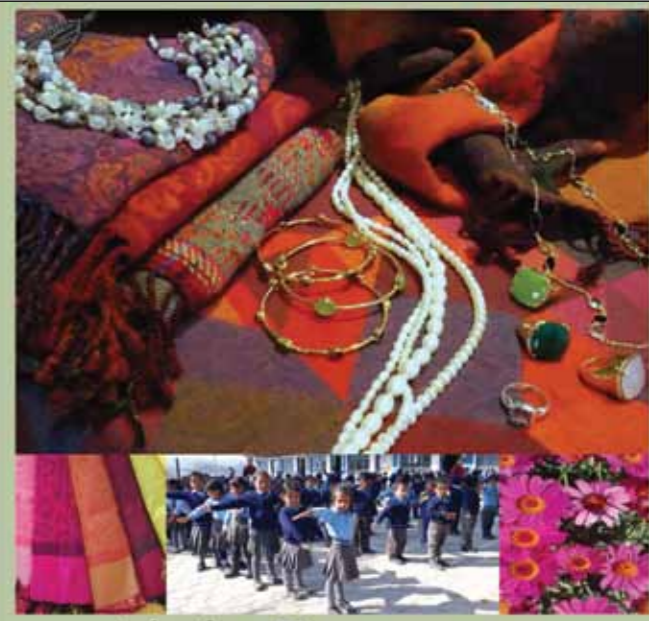
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**17<sup>th</sup> September**  
 'In Steam' Crafts & Skills  
 We have invited crafters from the local area including Oxford Guild of Weavers Spinners & Dyers, they will be bringing their Big wheel, Finstock Craft Club, Painting Glass and much more.

**15<sup>th</sup> October**  
 'In Steam' Woodcraft + Autumn Market  
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Combe Mill, a late 19th Century restored Water Mill on Blenheim Palace Estate by the River Even-



lode, all Machinery running 'In Steam' and volunteers will be on hand with lots of interesting information.

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