

CURRICULUM VITAE

Mr Caspar Edward William Aylott

B.Eng(Hons), MBChB, MRCS, FRCS(Tr & Orth), DM

Consultant Spine Surgeon

Cheltenham and London

United Kingdom

Personal Information	
Full Name	Mr Caspar Edward William Aylott
Address	Imperial House, 3 Montpellier Parade, Cheltenham, GL50 1UA, UK
Telephone Numbers	Mobile: 07884 004198
Email	caspar@doctors.net.uk
Date of Birth	25 March 1971
Nationality	British
GMC Number	4511454
CCT	6th April 2010

Education Past	Establishment	Attainment
1975 - 1980	Town Close School Norwich	Entrance to Norwich School as Cathedral Chorister
1980 - 1989	The Norwich School The Close, Norwich	1987 Ten 'O' levels 1989 Three 'A' levels
1989 - 1993	Nottingham University	1993 B.Eng (Hons) 2:i degree <i>(Mechanical Design, Materials and Manufacturing)</i>

1993 - 1998	Leicester University	1998 MB ChB
1998 - 2002	Leicester BST Rotation	MRCS Edinburgh
2002 - 2003	Leicester General Hospital	Orthopaedic SHO
2003 - 2004	Spine Unit, QMC, Notts	Clinical Research Fellow Spine
2004 - 2007	Nottingham University	Doctor of Medicine Degree
2004 - 2010	Bristol SpR Rotation	2008 FRCS (Tr & Orth)
2008 - 2009	Auckland, New Zealand	Spine Fellowship Training
2009 - 2010	Frenchay Hospital, Bristol	Spine Fellowship Training
2010 - 2015	Gloucestershire NHS Trust	Consultant Spine Surgeon
2015 - present	Cheltenham and London	Consultant Spine Surgeon

Prizes and Attainments

Syntex (*Syntex Pharmaceuticals*) Prize awarded for the best Family Placement Essay at Leicester University Medical School 1995.

Distinction in Clinical Psychiatry, Leicester University 1997.

Merit in Structure and Function, Leicester University 1998.

Merit in Man in Society, Leicester University 1998.

Winning presentation Bristol Registrars Christmas Presentations 2005.

Winner BORG golf day 2006.

Medical Elective

May 97 - Jul 97 Queen's University, Kingston, Ontario, Canada
(Provided full financial sponsorship)

Work

My dual qualifications in Engineering and Medicine enabled me to work with the Clinical Mechanics Group at Queen's University, which is involved in Orthopaedic research and development. Clinical experience was gained at three local hospitals in

adult and paediatric orthopaedics with exposure to trauma management. This included considerable practical theatre experience with pre and post operative management planning. I regularly attended outpatient clinics, seeing new patients first and dictating all medical letters.

Recreation

Helped to organise a 'Hip, hip hooray' charity walk to raise money for orthopaedic research. Winner of the Kingston Tennis Open, white-water canoe-camping, stayed with an Amish community in the USA.

Higher Surgical Training

Clinical Research Fellow

2003 – 2004 Spinal Unit, Queens Medical Centre, Nottingham
J Webb, B J Freeman, M Grevitt, H G Prince, S H Mehdian, P J
Sell

Specialist Registrar Training

2004 - 2010 Bristol Training rotation, UK

Spine Fellowship Training

2008 – 2009 Spine Fellow, Auckland City Hospital, New Zealand
P Robertson, A Hadlow, A Don

2009 - 2010 Spinal Fellow, Frenchay Hospital, Bristol
J Hutchinson, I Harding, I Nelson

Doctor of Medicine in Orthopaedics University of Nottingham 2007

Thesis: 'The Dynamic Neutralisation System for the Spine (DYNESYS): Acute Biomechanical Effects on the Lumbar Spine'

Papers Published

'Preparation and microstructure of Aluminium Oxide – Titanium Carbide composites by self-propagated high temperature synthesis' A Chrysanthou, A Saidi, C E W Aylott, J V Wood.

Journal of Alloys and Compounds, 203 (1994): 127-132

'The emergent role of Liver ablation techniques in primary and secondary Liver tumours' G Garcia, C E W Aylott, T Lloyd, D Berry.

European Journal of Cancer 39 (2003): 2150-2164

'Intraoperative pulmonary embolism of Harrington rod during spinal surgery: The potential dangers of rod cutting' C E W Aylott, K Hassan, D S McNally, J K Webb.

European Spine Journal 2006; 15 (12): 1853-1857

'Cauda equina syndrome: the factors affecting the outcome of 42 patients with a mean follow-up of 5 years' M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop, J Hegarty.

Spine Journal 2007; 32 (2): 207-217

Picture quiz 'Trauma to the neck after a fall' M Rahman, C E W Aylott

Student BMJ 2007;15:213-256 June ISSN 0966-6494

'Post Traumatic Proximal Tibial Growth Arrest; a rare injury managed successfully with ring fixators' J Barnes, C E W Aylott, R Kirubanandan, F P Monsell.

Journal of Paediatric Orthopaedics 2010; 19 (3): 242-245

'Spinous process morphology: the effect of ageing through adulthood on spinous process size and relationship to sagittal alignment' C E W Aylott, R Puna, C Walker, P Robertson.

European Spine Journal 2012; May 21 (5): 1007-1012

'Balloon Kyphoplasty for vertebral compression fractures' Mr Caspar Aylott. In Scope Article. Horizon No.52 August 2014: 7-11

'Biomechanical Effect of an Interlaminar Device on Ranges of Motion, Intradiscal Pressure, Centers of Rotation' G Guizzardi, S Persohn, S Campana, C Aylott, P Petri-
ni, W Skalli.

The Open access Journal of Science and Technology 2015; Vol 3: ID 101160 1-13

‘The Intraspine in the Treatment of L5-S1 Degenerative Disc Disease.’

Aylott C, Manuel C, Giancarlo G, Riccardo M, Manuel L.

Orthopaedics Research Article. Oct 21, 2015

‘Three year prospective study of surgical outcomes of IntraSPINE device in patients treated for degenerative based spinal pathologies with lumbar disc disease.’ D Co-Minh, C Vajeu, L Montron, C Aylott, et al. 2019 Seeking publication.

Abstracts Published

‘Acute biomechanical effects of a novel intra-discal decompression catheter on human lumbar discs’ C E W Aylott, Y L Leung, B J C Freeman, D S McNally.

Journal of Bone and Joint Surgery 2005; 87-B (Suppl. I): 37

‘The effects of repeated testing on the biomechanical behaviour of the lumbar intervertebral disc’ K J McKinlay, C E W Aylott, B J C Freeman, D S McNally.

Journal of Bone and Joint Surgery 2005; 87-B (Suppl. I): 38

‘The Dynamic Neutralisation System for the Spine (DYNESYS): Acute biomechanical effects on the lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, D S McNally.

Journal of Bone and Joint Surgery 2005; 87-B (Suppl. I): 39

‘Cauda Equina Syndrome: Factors affecting the outcome of 42 patients with a mean follow up of 5 years’ M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop.

Journal of Bone and Joint Surgery 2005: 87 (Suppl. II): 209

‘Cauda Equina Syndrome: The reproducibility of MRI measurements and prediction of clinical outcome’ M J H McCarthy, D Annesley-Williams, A T Brodie, C E W Aylott, A Jones, M P Grevitt.

Journal of Bone and Joint Surgery 2005: 87-B (Suppl. II): 210

‘Cauda Equina Syndrome: Factors affecting long term outcome.’ M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop.

European Spine Journal 2005: 14 (Suppl. II): S51

‘Dynesys (Dynamic Neutralisation System for the Spine): Acute biomechanical effects on the human cadaveric lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, J Shepperd, D S McNally.

Journal of Bone and Joint Surgery 2005; 87-B (Suppl. III): 234

‘MRI measurements in cauda equina syndrome: reproducibility and prediction of clinical outcome’ M J H McCarthy, A T Brodie, C E W Aylott, D Annesley-Williams, A Jones, M P Grevitt.

Journal of Bone and Joint Surgery 2006; 88-B (Suppl. I): 147 and Suppl. II (218)

‘Cauda Equina Syndrome: Factors affecting the outcome of 42 patients with a mean follow up of 5 years’ M J H McCarthy, C E W Aylott, D Annesley-Williams, M P Grevitt, M C Bishop.

Journal of Bone and Joint Surgery 2006; 88-B (Suppl. I): 148 and Suppl. II (220)

‘Acute biomechanical effects of a novel intra-discal decompression catheter on human lumbar discs’ C E W Aylott, Y L Leung, B J C Freeman, D S McNally.

Journal of Bone and Joint Surgery 2006; 88-B (Suppl. III): 374

‘The biomechanical effects of Dynesys (Dynamic Neutralisation System for the Spine) on the lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, D S McNally.

Journal of Bone and Joint Surgery 2006; 88-B (Suppl. III): 388

‘Achilles tendon rupture – misinterpretation and recording of the calf squeeze test among accident and emergency and orthopaedic doctors’ C E W Aylott, A Tambe, G Taylor.

Journal of Bone and Joint Surgery 2006; 88-B (Suppl. III): 388

Podium Presentations to Learned Societies

International

‘Preparation and microstructure of Aluminium Oxide – Titanium Carbide composites by self-propagated high temperature synthesis’ A Chrysanthou, A Saidi, C E W Aylott, J V Wood.

Materials Engineering Conference, Manchester University 1993.

‘The Dynamic Neutralisation System for the Spine (DYNESYS): Acute biomechanical effects on the human cadaveric lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, J Shepperd, D S McNally.

BritSpine, Nottingham 2004.

‘CES: factors affecting the outcome of 42 patients with a mean follow up of 5 years’
M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop.
European Federation of National Associations of Orthopaedics and Traumatology –
7th Congress, Lisbon, Portugal, June 2005.

‘MRI measurements in CES: reproducibility and clinical outcome’ M H McCarthy, A
T Brodie, C E W Aylott, D Annesley-Williams, M P Grevitt.
European Federation of National Associations of Orthopaedics and Traumatology –
7th Congress, Lisbon, Portugal, June 2005.

‘Spinous process morphology and the influence of age’ C E W Aylott, R Puna, C
Walker, P Robertson.
New Zealand Orthopaedic Association Annual Scientific Meeting, Wellington, Octo-
ber 2009

‘Spinous process morphology and the influence of age’ C E W Aylott, R Puna, C
Walker, P Robertson.
Society for Back Pain Research, Chepstow, November 2009.

‘Lumbar spinous process morphology and the influence of age’ Aylott CEW, Puna
RA, Robertson PA.
Spine Society of Australia, Christchurch, April 2010.

‘The effect of changing spinous process morphology and patterns of neoarticulation
on spinal deformity and association with back pain’ C E W Aylott, P Nicholls, F Kill-
burn-Toppin, W Bertram, P A Robertson, J Hutchinson.
BritSpine, Liverpool, April 2010

National

‘Acute biomechanical effects of a novel intra-discal decompression catheter on human
lumbar discs’ C E W Aylott, Y L Leung, B J C Freeman, D S McNally.
Society of Back Pain Research, London 2003.

‘Cauda Equina Syndrome: Factors affecting long term outcome.’ M J H McCarthy, C
E W Aylott, M P Grevitt, M C Bishop.
Society of Low Back Pain Research (SBPR), Leicester, November 2004.

‘MRI measurements in CES: reproducibility and clinical outcome’ M H McCarthy, C E W Aylott, D Annesley-Williams, M P Grevitt.

Society of Low Back Pain Research (SBPR), Leicester, November 2004.

‘The outcome of 42 patients with CES: 5 year follow up’ M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop.

British Association of Spinal Surgeons (BASS), Aberdeen, February 2005.

‘The Reproducibility of MRI measurements in CES and clinical outcome’ M H McCarthy, A T Brodie, C E W Aylott, D Annesley-Williams, M P Grevitt.

British Association of Spinal Surgeons (BASS), Aberdeen, February 2005.

Regional

‘Misinterpretation and Recording of the Calf Squeeze Test among Accident and Emergency and Orthopaedic Doctors’ C E W Aylott, A Tambe, G Taylor.

Malkin Memorial Lecture, Nottingham University 2003.

‘Skip lesions in Sarcoma’ C E W Aylott, J Dixon.

Southwest Sarcoma Meeting, Cheltenham, Nov 2004.

‘Cauda Equina Syndrome – Factors affecting long term outcome’ M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop.

Winning presentation Malkin Memorial Lecture, Nottingham University 2004.

‘The Holly and the IV Harrington Rod’ C E W Aylott, K Hassan, D S McNally, J K Webb.

Winning presentation Bristol Registrars Christmas Presentations, Bristol 2005.

Poster Presentations to Learned Societies

‘Acute biomechanical effects of a novel intra-discal decompression catheter on human lumbar discs’ C E W Aylott, Y L Leung, B J C Freeman, D S McNally.

British Orthopaedic Research Society (BORS), Edinburgh 2003.

‘The effects of repeated testing on the biomechanical behaviour of the lumbar intervertebral disc’ K J McKinlay, C E W Aylott, B J C Freeman, D S McNally.

Society of Low Back Pain Research (SBPR), London 2003.

‘The dynamic neutralisation system for the spine (DYNESYS) acute biomechanical effects on the lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, D S McNally.

Society of Low Back Pain Research (SBPR), London 2003.

‘Achilles tendon rupture – misinterpretation and recording of the calf squeeze test among Accident and Emergency and Orthopaedic doctors’ C E W Aylott, A Tambe, G Taylor.

British Orthopaedic Research Society (BORS), Bristol 2004.

‘The biomechanical effects of DYNESYS (Dynamic Neutralisation System for the Spine) on the lumbar spine’ C E W Aylott, K J McKinlay, B J C Freeman, D S McNally.

British Orthopaedic Research Society (BORS), Bristol 2004.

‘Biomechanical behaviour of the cadaveric human lumbar intervertebral disc during prolonged in-vitro testing’ K J McKinlay, C E W Aylott, B J C Freeman, D S McNally.

British Spine Society Meeting, Nottingham 2004.

‘In-vitro biomechanical effects of DYNESYS (Dynamic Neutralisation System for the Spine)’ C E W Aylott, K J McKinlay, B J C Freeman, D S McNally.

Spineweek, Oporto, Portugal 2004.

‘Dynamic ultrasound imaging of the human intervertebral disc’ K J McKinlay, C E W Aylott, B J C Freeman, J Revell, M Mirmehdi, D S McNally.

Spineweek, Oporto, Portugal 2004.

‘MRI measurements in CES: reproducibility and clinical outcome’ M H McCarthy, C E W Aylott, D Annesley-Williams, M P Grevitt.

British Association of Neuroradiologists, Cambridge 2004.

‘Cauda equina syndrome: factors affecting the outcome of 42 patients with a mean follow up of 5 years’ M J H McCarthy, C E W Aylott, M P Grevitt, B J Freeman.

Special poster ISSLS, New York, May 2005.

‘MRI measurements in cauda equina syndrome: Reproducibility and prediction of clinical outcome’ M J H McCarthy, A T Brodie, C E W Aylott, A Jones, D Annesley-Williams, M P Grevitt, B J Freeman.

Special poster ISSLS, New York, May 2005.

‘CES: factors affecting the outcome of 42 patients with a mean follow up of 5 years’
M J H McCarthy, C E W Aylott, M P Grevitt.
Eurospine, Barcelona, Sept 2005.

‘Lumbar spinous process morphology and the influence of age’ Aylott CEW, Puna
RA, Robertson PA.
ISSLS, Auckland, April 2010.

‘Changing spinous process morphology with age’ C E W Aylott, R Puna, C Walker, P
A Robertson.
British Spine Society Meeting, Liverpool, April 2010.

‘The incidence of spinous process neoarticulation, classification of articular patterns
and association with deformity’ C Aylott, F Killburn-Toppin, W Bertram, I Harding, J
Hutchinson.
BritSpine, Liverpool, April 2010.

‘Spine radiographs - is it time to change practice?’ R Khokhar, C Aylott, M Katsimi-
has, J Hutchinson.
BritSpine, Liverpool, April 2010.

‘Patience wearing thin: Concerns with Metal-on-metal (MoM) hip prosthesis.’ H
Claireaux, C Aylott.
Scalpel Undergraduate Surgical Conference, Manchester, November 2014.

Teaching Experience

I have enjoyed regular opportunities to teach medical, nursing and other health care professionals both at undergraduate and postgraduate levels over the last ten years.

As a medical student I was invited to be part of the development of a new ‘training the trainers’ course aimed at Consultants. This involved producing video consultations of myself with patients and then subsequently attending the courses so that the Consultants could train me and I could provide feedback on their teaching methods.

I was a tutor in the senior common room at Leicester University where I was responsible for the pastoral care of undergraduate students.

I was an Honorary Clinical Demonstrator at Leicester University for six months. This included anatomy, physiology, sociology and ethics teaching, one to one, small group, practicals, and lectures to one-hundred and fifty students at a time. I examined medical students and physiotherapists and interviewed sixth formers and mature students trying to gain medical school entry. I participated in a teaching course during my time here.

As an SHO and Specialist Registrar I continued to teach medical students, theatre staff, nurses and junior doctors preparing for exams. I have also helped the same groups in putting together presentations. More recently I have taught SpRs working for the FRCS Orthopaedics exam including writing questions for the exam.

I have developed my own 'teaching tool' which allows the student to write their own surgical text book. It also gives me feedback on how I can improve my own teaching style. I have 'taught' more than 500 operations to juniors including more than 100 hemiarthroplasty/DHS operations.

During my Fellowship in New Zealand I organised teaching rounds with the trainees and medical students. I was invited to lecture at the New Zealand Orthopaedic Nurses Association meeting in Auckland. I was invited and sponsored by an Australian company to train their representatives which involved lectures and small group discussions.

My Doctorate has given me the skills to practice high quality autonomous research. I can critically analyse published work, understand statistics, present at meetings, and write a paper. I have supervised research at all levels including helping a junior to publish his first paper (*'Post Traumatic Proximal Tibial Growth Arrest; a rare injury managed successfully with ring fixators'*).

Outside of medicine I have taught squash, tennis and water-skiing to all age groups.

As a Consultant my teaching experience ranges from individual to invited International faculty work. I have also organised and single handedly delivered several courses on 'advanced spinal deformity' and 'managing spinal pathologies'. I have welcomed visiting surgeons to theatre and run cadaveric training workshops. I have been a tutor to the Gloucester University Medical Students and held an Honorary Teaching contract with Bristol University.

My dual qualification in Medicine and Engineering with a Doctorate in spine mean I am regularly invited to talk at meetings on spinal biomechanics and motion preserving

technologies. I delivered talks at several International meetings last year including in France (Lille and Bordeaux), Spain (Alicante) and Taiwan which also included operating.

I have recently rewritten a French multi-centre study on dynamic stabilisation which is seeking publication.

Personal Statement

I qualified as a doctor in 1998. I completed Higher Surgical Training in Bristol and Internationally recognised spine Fellowships in Nottingham, Auckland (New Zealand), and Bristol. I am uniquely dual qualified with a degree in Mechanical and Materials Engineering from Nottingham University and FRCS Trauma and Orthopaedics. I also have a Doctorate studying motion preserving technologies in the spine.

I was appointed to the Gloucestershire Hospitals NHS Foundation Trust in June 2010. I was a weekly on call Consultant for all trauma and orthopaedics. I sub-specialise in spinal surgery and the management of back and neck related problems. I have led the development of an integrated Spinal Service in Gloucestershire and the surrounding Counties, implementing new referral pathways, multidisciplinary team working, governance, and training across the County.

In 2018/19 I introduced a program of early rehabilitation with the physiotherapists for post operative patients. This has proved highly successful and is being rolled out across other Hospitals in the UK.

I am continually involved with research including being a key opinion leader for several spine companies such as Medtronic and have been a faculty teacher on their Summer University course in Europe. This involves international working groups, lectures and training visiting surgeons. I present at National and International Meetings, and am well published in the major spine journals.

I am an invited reviewer for The Bone and Joint Journal.

Current Practice

I work as a Consultant Orthopaedic Spine surgeon with busy independent clinical practices in Cheltenham (cheltenhamspineclinic.co.uk) and London (ukspinecentre.co.uk). My practice includes a popular 'One Stop Spine Clinic' where patients are ful-

ly assessed and imaged in one visit. My practice is highly rated through Doctify and TopDoctors review platforms.

I have gained much experience working in excellent centres in the NHS and abroad (Canada and New Zealand) and as a busy Consultant in the last ten years. I can work autonomously and collaboratively within any department and make a strong contribution to work, research and training.

I manage all types of spinal pathology including trauma, degenerative, cancer, with the exception of paediatric deformity surgery. I have considerable experience in pain management techniques and perform all types of spinal injections. I perform open and minimally invasive spine surgery including non-fusion, dynamic stabilisation and fusion techniques. As a dual qualified engineer I have a particular interest in the management of adult spinal deformity, particularly degenerative scoliosis with experience in long constructs and osteotomy. I present a sensible and considered approach to spinal problems based on evidence based decision making.

I am a member of the Royal College of Surgeons, the British Association of Spinal Surgeons and the AO Spine Community.

Medico-Legal Work

I have nearly 10 years of experience in medico-legal work and fully understand my responsibilities as an expert.

I have completed medico-legal training courses including ‘excellence in report writing’ and stay up to date annually through Bond Solon.

With International Fellowship training in Spine and FRCS Trauma and Orthopaedics I accept medico-legal instruction with a focus on orthopaedics and spine.

My additional qualifications in Engineering and a Doctorate in spinal biomechanics inform an in depth knowledge of accident forces and mechanisms of injury.

I have a special interest in Cauda Equina Syndrome having co-authored one of the largest UK studies on CES and outcome, published in Spine (highest impact journal):

‘Cauda equina syndrome: the factors affecting the outcome of 42 patients with a mean follow-up of 5 years’ M J H McCarthy, C E W Aylott, M P Grevitt, M C Bishop, J Hegarty.

Spine Journal 2007; 32 (2): 207-217

I have given expert evidence in Court and at a regulatory hearing at the General Council on CES.

My ratio of instruction is approximately 70/30 claimant/defence and includes clinical negligence work.

I accept work selectively and complete about 30 cases per year.

I am readily available to the legal team for discussion during report preparation and throughout a case.

Interviews with clients are always longer than one hour and never rushed.

All reports are written from scratch with no copy, paste or shortcutting templating programs.

I write comprehensive and evidence based reports which comply with Part 35 Civil Procedure Rules.

Reports are produced reliably within 2-3 weeks.

I have consulting venues in Cheltenham and London.

Contact Information

Practice manager: Victoria Clarke

Telephone: 01242 371281

Email: victoria@cheltenhamspineclinic.co.uk

Office Address: Imperial House, 3 Montpellier Parade, Cheltenham, GL50 1UA

Practice Addresses

Cobalt Health, Linton House, Thirlestaine Road, Cheltenham, Gloucestershire, GL53 7AS

The UK Spine Centre, The Harley Street Hospital, 19 Harley St, London, W1G 9QJ

Referees

Provided on request

