



Dr Cecil Reid: Orthopaedic Surgeon

TOPIC: Medical conditions that can lead to falls, injuries and the diagnosis and treatment of osteoporosis

Dr Reid completed his medical training at the University of Pretoria in 2001, whereafter he moved to Durban for his internship and community service. He obtained the Colleges of Medicine of South Africa (CMSA) Diploma in Anaesthesiology during his community service year.

He moved to Cape Town in 2004, where he worked as a senior medical officer in general surgery, orthopaedic surgery, and critical care while awaiting a registrar position. He commenced orthopaedic surgery registrar training at the University of Cape Town in 2007. In 2011, after completing specialist training, Cecil became a fellow of the College of Orthopaedic Surgery of South Africa [FC Orth (SA)] and registered as a specialist orthopaedic surgeon.

Cecil stayed on in the UCT department of orthopaedic surgery for 18 months of post specialist fellowship training, focusing on lower limb trauma and reconstruction for six months, followed by hip and knee arthroplasty (joint replacement) for 12 months. He remains involved with the department and assists with registrar training, as well as joint replacement waiting list initiatives.

Cecil held the rank of Major in the South African Military Health Services (SAMHS) and had a full-time appointment at 2 Military Hospital (2Mil) in Cape Town for four years, acting as head of the department of orthopaedic surgery for two years. During his time at 2Mil he continued to pursue his interest in hip and knee surgery and expanded his scope of practice to include partial knee replacement. He also gained experience in newer technologies in joint replacement, such as computer guided surgery, patient specific instrumentation, and custom implants.

In 2016 Cecil resigned from the military to pursue full time private practice based at Mediclinic Constantiaberg in Cape Town. He continues to focus on primary and revision hip and knee replacement. In 2022 Cecil completed training in the use of Mako Smartrobotics™ for joint replacement surgery and became the first surgeon to use this technology at Constantiaberg. He also consults at Advanced Harbour Bay Surgical Centre in Simon's Town, where he performs arthroscopy and other day-case procedures.

Cecil is the chairman of the Western Cape branch of the South African Orthopaedic Association (SAOA).