



# MR MATEEN ARASTU

CONSULTANT TRAUMA & ORTHOPAEDICS SURGEON

BSC, MBBS, MSC, FRCS

GMC NO: 4738396

University Hospital Coventry and Warwickshire  
NHS Trust



## EXPERT INFORMATION

### SPECIALIST AREAS:

- Complex periarticular fracture surgery
- Rib fracture fixation
- Complex open fractures
- Multiple injury

### CASES ACCEPTED:

Claimant age: 16+

- Clinical assessments
- Remote assessments
- Home visits
- Prison visits
- Criminal cases\*
- Screening reports
- Desktop reports
- Family cases\*

\*Case-by-case



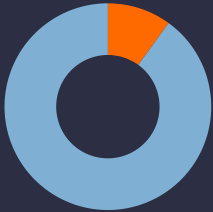
### SCAN ME



## EXPERT RATIO

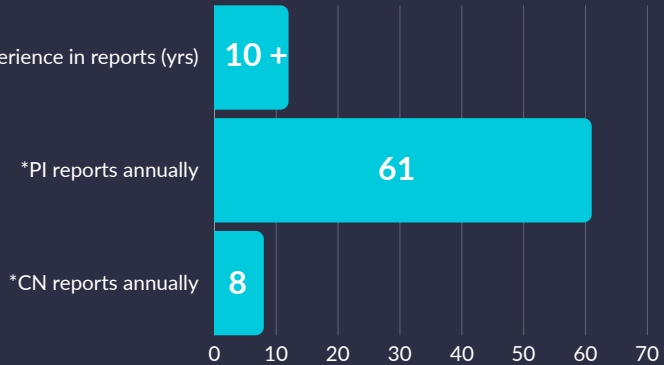


CLAIMANT **60%**  
DEFENDANT **40%**



CLIN NEG **10%**  
PI **90%**

Years of experience in reports (yrs)



\*Annual report from 2024

## VENUES:



- Consulting Rooms, 38 Ltd, 38 Harborne Road, Birmingham, B15 3EB

## FURTHER INFO:

- Court experience
- Bond Solon trained
- Personal Injury
- Fixed Fee\*
- Legal Aid (LAA)\*
- NHS contracted
- Weekend/evening appointments\*
- Clinical Negligence:
  - Causation
  - Liability
  - Breach of Duty
  - Condition & Prognosis

\*Case-by-case

### CONTACT

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Medical & Legal  
Admin Services



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## CASES RELATING TO:

### *Complex orthopaedic trauma surgery:*

- Elbow replacement surgery
- Lower limb arthroplasty surgery (primary hip and knee (total and partial) replacement surgery)
- Complex periarticular fracture surgery
- Revision fracture fixation surgery
- Rib fracture fixation surgery for chest trauma
- Non-union surgery:
  - Bone grafting
  - Fracture stabilisation
  - Infection removal
  - Osteotomy
- Upper and lower limb fractures and their potential complications:
  - Complex intra-articular fractures
  - Distal femur condylar fractures
  - Lateral condyle fractures
  - Tibula and fibula fractures
  - Complex open fractures
  - Pelvic & acetabular fractures
  - Multi-fragmented patella fracture
  - Periarticular fractures (knee, ankle, wrist, shoulder and elbow)
  - Rib fractures
  - Complications:
    - Post-traumatic arthritis
    - Stiffness and deformity
    - Neurovascular injury
- Open fracture treatment:
  - Debridement and irrigation
  - Bone stabilisation
  - Joint replacement
  - Amputation

### • Upper limb:

- Humerus
- Clavicle
- Elbow
- Ulna (forearm) and wrist

### • Lower limb:

- Pelvic ring injuries
- Acetabular and femoral injury
- Distal femur
- Tibial plateau/tibia
- Calcaneus
- Midfoot injuries

### • Soft tissue injuries:

- Strains and tears (e.g. hamstring, quadriceps, calf, deltoid)
- Chronic overuse
- Myositis ossificans (post-traumatic bone formation in muscle)
- Tendinitis (e.g. Achilles, patellar, rotator cuff)
- Tendon ruptures
- Sprains (ACL, MCL, ankle ligaments)
- Joint instability and secondary complications
- Soft tissue impingement syndromes
- Adhesions or fibrosis following injury or surgery
- Bursitis (traumatic or overuse-related)

### *General:*

- Polytrauma
- Single system orthopaedic trauma
- Complex foot trauma
- Amputation surgery secondary to trauma
- Lateral epicondylitis (tennis elbow)
- Repetitive strain injury (RSI)
- Work-related upper limb disorders (WRULD)
- Implant failure or loosening

### CONTACT

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## MEDICO LEGAL EXPERIENCE:

Mr Arastu is an established Expert Witness with over ten years of experience providing independent opinion in both personal injury and clinical negligence matters. He accepts instructions on behalf of both Claimants and Defendants and has developed a balanced and objective reputation amongst instructing solicitors and counsel.

He regularly opines on issues of breach of duty, causation, liability, condition and prognosis, and is experienced in preparing screening and full liability reports, and responses to Part 35 questions, he can also provide evidence in court when required.

Mr Arastu has particular expertise in cases involving orthopaedic trauma, lower limb reconstruction, and hip and knee arthroplasty, including the management of complications such as non-union, infection, implant failure, and complex revision surgery. His case portfolio spans a wide spectrum of personal injury claims; including road traffic accidents and workplace injuries, as well as clinical negligence matters relating to surgical technique, consent, delay in diagnosis, and post-operative management.

He prepares in the region of 150–200 reports per annum, with approximately half comprising clinical negligence instructions. His reports are CPR Part 35 compliant, detailed, and supported by relevant medical literature and clinical guidelines.

Mr Arastu successfully completed the Bond Solon/Cardiff University (CUBS) Expert Witness Certificate in 2017 and regularly undertakes CPD to maintain his medico-legal competence. He attended the Bond Solon Expert Witness Conferences in 2019 and 2024, and remains up to date with current practice directions and the Civil Procedure Rules.

## CLINICAL EXPERIENCE:

Mr Arastu is an active Orthopaedic Trauma Society member, as well as a Trauma Faculty member teaching nationally. His practice routinely involves the multidisciplinary care of severely injured patients, collaborating closely with colleagues in plastic surgery, vascular surgery, and intensive care to deliver optimal limb salvage and reconstruction outcomes.

He is an active member of the Orthopaedic Trauma Society (OTS) and serves as a faculty member for AO Trauma, contributing regularly to national teaching courses on fracture management and trauma principles. As an experienced educator, he has designed and delivered training sessions for orthopaedic trainees and allied health professionals, focusing on evidence-based trauma care and surgical decision-making.

In 2020, Mr Arastu acted as the Lead Clinician for Neck of Femur Fracture Care at University Hospitals Coventry and Warwickshire (UHCW), where he successfully implemented a virtual fracture clinic pathway; improving efficiency, patient experience, and service delivery. He now holds the position of Educational Lead for the Department of Trauma and Orthopaedics at UHCW, overseeing postgraduate training, teaching programmes, and quality assurance in education.

Mr Arastu has multiple Grants and Scholarships, including; the Travel Award - Paediatric attachment at Kingston Hospital, Jamaica, University of West Indies, Arthritis and Rheumatism Council Studentship, and the Wellcome Trust Student Scholarship (BSc.).

## PUBLICATIONS:

- Farhan-Alanie MM, Stephens A, Umar H, Ridha A, **Arastu M**, Blankstein M. Shall We Not Pressurise It? Effects of Bone Cement Pressurisation on Mortality and Revision Following Hip
- Hemiarthroplasty for Neck of Femur Fracture Patients: A Comparative Cohort Study. *J Orthop Trauma*. 2024 Sep 5. doi: 10.1097/BOT.0000000000002914. Epub ahead of print. PMID: 3.39250638
- Treatment of Supracondylar Periprosthetic Femoral Fractures with Retrograde Intramedullary Nailing Versus Distal Femoral Plating: A Systematic Review and meta-analysis of current evidence. Wall RA et al. *Orthopaedics & Traumatology: Surgery & Research*. In press.
- Distal femoral fractures: A comparison between single lateral plate fixation and a combined femoral nail and plate fixation. Garala K, Ramoutar D, Li J, Syed F, **Arastu M**, Ward J, Patil S. *Injury*. 2022 Feb;53(2):634-639. doi: 10.1016/j.injury.2021.11.011. Epub 2021 Nov 10.
- Matthews DJ, **Arastu M**, Uden M et al. UK trial of the Osseointegrated Prosthesis for the Rehabilitation for Amputees: 1995 – 2018. *Prosthetics and Orthotics International*, 2018. <https://doi.org/10.1177%2F0309364618791616>. International Society Prosthetics and Orthotics Forchheimer Prize 2021.
- Effect of Incisional Negative Pressure Wound Therapy vs Standard Wound Dressing on Deep Surgical Site Infection After Surgery for Lower Limb Fractures Associated With Major Trauma: The WHIST Randomised Clinical Trial. Costa ML, Achten J, Knight R, Bruce J, Dutton SJ, Madan J, Dritsaki M, Parsons N, Fernandez M, Grant R, Nanchahal J; WHIST Trial Collaborators. *JAMA*. 2020 Feb 11;323(6):519-526. doi: 10.1001/jama.2020.0059. PI for UHCW.
- Cost-utility analysis of standard dressing compared with incisional negative-pressure wound therapy among patients with closed surgical wounds following major trauma the lower limb. Png ME, Madan JJ, Dritsaki M, Achten J, Parsons N, Fernandez M, Grant R, Nanchahal J, Costa ML; WHIST trial collaborators. *Bone Joint J*. 2020 Aug;102-B(8):1072-1081. doi: 10.1302/0301-620X.102B8.BJJ-2020-0126.R1. PI for UHCW.
- Jeelani A and **Arastu MH**. Tibial plateau fractures – review of current concepts in management. *Injury, Orthopaedics and Trauma* 2017;31(2):102-11
- **Arastu MH**, Sheehan B, Odone Paolucci E and Buckley RE. Does it really spin? Intra-medullary nailing of segmental tibial fractures – A cadaveric study. *Injury, Int. J. Care Injured*. 2015;46:643-648.
- **Arastu MH**, Grange S and Twyman R. Prevalence and Consequences of Delayed Diagnosis of Anterior Cruciate Ligament Ruptures. *Knee Surg Sports Traumatol Arthrosc* 2014. Doi: 10.1007/s00167-014-2947-z.
- **Arastu M**, Sheehan B and Buckley RE. Minimally Invasive Reduction and Fixation of Displaced Calcaneal Fractures: Surgical Technique and Radiographic Analysis. *Int Orthop*. 2014 Mar;38(3):539-45. Doi: 10.1007/s00264-013-2235-4.
- **Arastu MH**, Kokke MC, Duffy PJ, Korley REC and Buckley RE. Coronal Plane Articular Fractures of the Distal Femoral Condyle: Current Concepts in Management. *Bone Joint J* 2013;95-B:1165–71
- **Arastu MH**, Phillips L and Duffy P. An Unusual Failure of a Sliding Hip Screw in the Immediate Post-operative Period. *Injury Extra*. 2013;44(2):23-27. <http://dx.doi.org/10.1016/j.injury.2012.10.011>
- Grange S, Chettiar K, **Arastu M** et al. Nanotechnology and medical devices: Risk, regulation and ‘meta’ registration. *World Journal of Engineering*. 2013;10(3):191-198.
- Tarsometatarsal Joint Complex and Midtarsal Injuries. Current Concepts Review. **Arastu MH** and Buckley RE. *Acta Chir Orthop Traumatol Cech*. 2012;79:21-30.

- **Arastu MH**, Demcoe R and Buckley RE. Current Concepts Review: Ankle Fractures. *Acta Chir Orthop Traumatol Cech.* 2012;79(6):473-83.
- **Arastu MH**, Partridge R, Crocombe A and Solan M. Determination of optimal screw positioning in flexor hallucis longus tendon transfer for chronic tendoachilles rupture. *Foot and Ankle Surgery* 2010. doi.org/10.1016/j.fas.2010.01.003
- **Arastu MH**, Vijayaraghavan J, Robinson J, Chissell H, Hull JB, Newman JH. Early failure for mobile bearing uni-compartmental knee replacement. *Knee Surg Sports Traumatol Arthrosc* 2009 Oct;17(10):1178-83.DOI 10.1007/s00167-009-0779-z
- Bismil Q, Bowles C, Edwards M, **Arastu M**, Ricketts DM and Solan M. Detecting patient allergy status: living a lie. *Annals of The Royal College of Surgeons of England* 2007;89(6):603-604
- **Arastu MH**, Milani R, Davidson AW, Bousdras K and Sinisi M. Pigmented Villo-Nodular Synovitis: A rare cause of a supra-clavicular fossa mass. *EJSO* 2007;33(6):812-814. doi:10.1016/j.ejso.2006.05.020.
- Bates P, **Arastu M**, Sinisi M and Lambert S. Progressive neurological deficit in blunt shoulder trauma 'Beware the vascular injury'. *Injury Extra* 2006;37:91-93. 10.1016/j.injury.2005.08.017
- Anderson SH, Yadegarfar G, **Arastu MH**, Anggiansah R, Anggiansah A. The relationship between gastro-oesophageal reflux symptoms and achalasia. *Eur J Gastroenterol Hepatol.* 2006 Apr;18(4):369-374
- Corrigan VM, **Arastu M**, Khan M, Fife M, Smeets T, Tak PP, Panayi GS. Functional IL-2 receptor beta (CD122) and gamma (CD132) chains are expressed by fibroblast-like synoviocytes (FLS): activation by IL-2 stimulates MCP-1 production. *Journal of Immunology* 2001 Mar 15; 166(6):4141-4147.
- Mahmud T, **Arastu M** and Ellis H. The distribution of fluid within the intra-peritoneal cavity: A cadaveric study. *Clinical Anatomy* 2005;18:443-445 Invitational Book Chapters and Review Articles.

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- **Arastu MH** and Owen WJ. The parathyroid glands – anatomy and physiology. Chapter in : Gleeson M, ed. *Scott-Brown's Otorhinolaryngology, Head & Neck Surgery.* 7th ed. London : Hodder Arnold, 2005
- Mahmud T, **Arastu M** and Ellis H. The distribution of fluid within the intra-peritoneal cavity: a cadaveric study. *Adhesions.* 2003;4:23.
- **Arastu M**, Anderson SHC, Anggiansah A. Strange Associations and Unusual Findings. *Achalasia: New Wave Association of Gastro-Intestinal Physiologists.* 2002; Issue 4 Vol.1.