



MR KHALID AL-HOURANI

CONSULTANT TRAUMA AND ORTHOPAEDIC KNEE SURGEON

MBCHB, USMLE, MD, PHD, FFRCS, CCT

GMC NUM: 7131842

Frimley Health NHS Foundation Trust
(2024 - Present)



Report turnaround | 4 - 6 Weeks

Claimant age: 16+

Bilingual: English & Arabic

TO ENQUIRE ABOUT THIS
EXPERT

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EXPERT INFORMATION

SPECIALIST AREAS:

- Sports knee surgery
- Female sports knee surgery
- Knee osteotomy
- Cartilage restoration
- Meniscal transplantation
- Patella

CASES ACCEPTED:

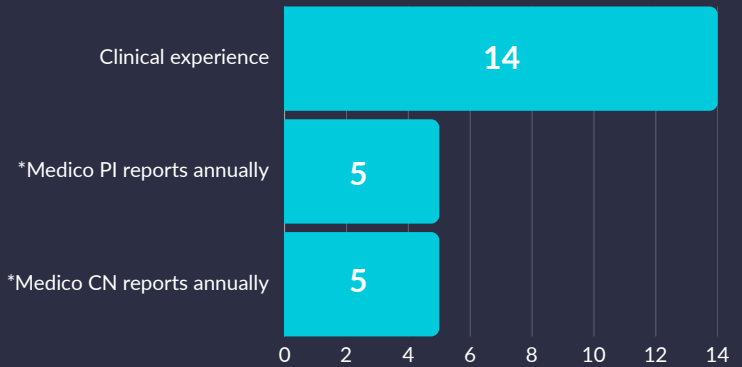
- Clinical assessments
- Remote assessments
- Home visits
- Prison visits
- Criminal cases
- Screening reports
- Desktop reports
- Family cases*

*Case-by-case

FURTHER INFO:

- Court experience
- Bond Solon trained
- Legal aid (LAA)
- Weekend/evening appointments
- NHS contracted
- Personal Injury
- Clinical Negligence:
 - Causation
 - Condition & Prognosis

EXPERT RATIO



VENUES:

- Oak Park Clinic, Farnham, GU10 5QQ
- Charterhouse Clinic, London, W1H 2HL
- Alternatives Clinic, Milton Keynes, MK5 6LP
- 3 Way Physio, Reading, RG5 4JB

CONTACT

enquiries@mlas.co.uk

www.mlas.co.uk

0114 245 5423

Haywood House Unit 1a Hydra Business Park
Nether Lane, Ecclesfield, Sheffield, S35 9ZX



CASES RELATING TO:


Personal injury and clinical negligence relating to:

- Knee trauma
- Knee injury management
- Sports knee and female sports knee surgery (Anterior cruciate ligament injury (ACL) reconstruction and multi-ligament)
- Posterior Cruciate Ligament (PCL) reconstruction
- Posterolateral Corner injury (PLC)
- Patella realignment
- Patellofemoral joint replacement (PFR)
- PCL (Posterior Cruciate Ligament) injury
- Platelet-Rich Plasma (PRP) treatment
- Chondral grafting
- Complex arthroplasty
- Knee preservation techniques:
 - Osteotomy (tibial tuberosity transfer)
 - Cartilage restoration
 - Meniscal injury
 - Meniscal transplantation/repair
- Custom-made knee replacement
- Enhanced Recovery Knee Replacement (ERAS)
- Minimally Invasive Knee Surgery (MIS)
- Robotic and manual knee replacement surgery
 - Unicompartamental and total
- Medial patellofemoral ligament (MPFL)
- Post-surgical rehabilitation
- Stem cell therapy
- Knee joint injections:
 - Steroid
 - Hyaluronic acid
 - Platelet-rich plasma
 - Arthroamid
- Gait analysis
- Posterior cruciate ligament injury (PCL)
- Chondral surgery (Articular cartilage)
- Serious general orthopaedic injury
- Osteoarthritis (OA)
- Inflammatory Arthritis
- Bursitis
- Muscle strain
- Joint pain
- Sports injuries
- Children's joint problems
- Joint inflammation
- Prosthetic joint infection
- Repetitive Strain Injury (RSI)
- Fracture or break
- Tendon repair and injury
- Trauma sequelae
- Femur/distal femur/tibial plateau/tibia
- Avulsion Injury
- Bone Spurs
- Complex open fractures
- Polytrauma
- Stress fractures
- Entrapment neuropathy
- Open Reduction, Internal Fixation of Fractures (ORIF)
- Internal Brace
- Knee cyst
- Excision of soft tissue masses
- MRI scan (Magnetic Resonance Imaging scan)
- Leg pain
- Mako Surgery
- Orthobiologics
- Osgood Schlatter

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MEDICO LEGAL EXPERIENCE:

Mr Khalid Al-Hourani is a Consultant Trauma and Orthopaedic Surgeon with specialist expertise in knee surgery. His clinical practice encompasses the full spectrum of knee conditions, including sports-related injuries, female sport knee injuries, patellar stabilisation and realignment surgery, knee preservation techniques, partial and total knee replacement, and the management of complex knee trauma.

He is actively engaged in trauma biomechanics, particularly in the areas of anterior cruciate ligament (ACL) graft failure, compartment syndrome, fracture fixation timing, and infection risk in open fractures. This work underpins his robust evidence-based approach to causation and prognosis in medico-legal cases.

Mr Al-Hourani has significant experience providing independent expert opinions in personal injury and clinical negligence claims, and is instructed on behalf of both claimants and defendants.

He provides comprehensive and timely reports addressing causation, condition and prognosis, breach of duty, and liability. He has completed the Cardiff University Bond Solon (CUBS) Expert Witness Certificate and adheres to the highest standards of medico-legal reporting and professional conduct.

In addition to his medico-legal practice, Mr Al-Hourani has led multiple departmental audits in areas such as VTE risk assessment, IRMER compliance, operative documentation, and enhanced recovery pathways—contributing to national standards and patient safety improvements.

He has presented internationally at the American Academy of Orthopaedic Surgeons (AAOS), the European Federation of National Associations of Orthopaedics and Traumatology (EFORT), and the Orthopaedic Trauma Association, frequently on topics relevant to medico-legal assessments including, surgical timing, biomechanics, and rehabilitation outcomes.

CLINICAL EXPERIENCE:

Mr Khalid Al-Hourani is a British Consultant Orthopaedic Knee Surgeon currently practising at Frimley Health NHS Foundation Trust. He has extensive experience in trauma and orthopaedic surgery, with subspecialty expertise in knee preservation, arthroplasty, and complex trauma.

He is the only UK Orthopaedic surgeon to have completed an accredited orthopaedic sports knee fellowship in Boston, USA. This included training at world-renowned institutions, including Boston Medical Centre, New England Baptist Hospital, Harvard University Health Services and Beth Israel Medical Centre.

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During this time, he also served as team/assistant team physician for Elite Division (I) basketball and ice hockey athletes at Boston University. Gaining this fellowship required passing the rigorous United States Medical Licensing Examinations (USMLEs), making him one of a select group of UK orthopaedic surgeons to achieve this.

Mr Al-Hourani has completed comprehensive registrar training across leading UK institutions, including The Royal Infirmary of Edinburgh and Bristol Royal Infirmary. His clinical experience spans arthroplasty, limb reconstruction, paediatric orthopaedics, foot and ankle surgery and major trauma. He has managed complex cases involving open tibial fractures, syndesmotic injuries, and soft tissue reconstruction.

Alongside his clinical work, Mr Al-Hourani is deeply committed to advancing knee surgery through research. He obtained both a Doctor of Medicine (MD) and a Doctor of Philosophy (PhD) during his training and has published over 50 peer-reviewed papers, many with international recognition. His research focuses on:

- Improving outcomes after ACL surgery
- Understanding female sports knee injuries
- Optimising return to work and sport after knee replacement

This ongoing academic work ensures his patients benefit from the latest evidence and innovations, keeping his practice at the cutting edge of modern knee surgery.

Mr Al-Hourani has been on the RADICAL Robotic Knee National Steering Committee since 2020. The group co-ordinate strategy, assess technologies, manage evidence gaps and facilitate training for the widespread adoption of robotic knee surgery.

Mr Al-Hourani is passionate about training the next generation of doctors. He holds a diploma in clinical education and has undertaken a range of leadership and management roles. These include serving as a British Association for Surgery of the Knee (BASK) Honorary Fellow and completing the prestigious British Orthopaedic Association Future Leaders Programme.

Mr Al-Hourani holds a PhD from Edinburgh Napier University (2023) and completed his Trauma & Orthopaedics residency through JCST in 2022. He became a Fellow of the Royal College of Surgeons of Edinburgh in 2021 and earned an MD in Orthopaedic Engineering from the University of Edinburgh in 2020.

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He successfully passed USMLE Steps 1, 2 and 3 in 2020 and holds multiple postgraduate qualifications, including MFSTEd (2019), MRCSEd (2013), and a Postgraduate Diploma in Clinical Education (2013). His undergraduate medical degree (MBChB) was awarded by the University of Edinburgh in 2011, following secondary education at Dollar Academy.

He also co-founded the charity AID4ALL, which focuses on the most pressing humanitarian issues. Along with his team, they have raised over £120,000 from various fundraisers and auctions so far.

Mr Al-Hourani has many awards and achievements:

- British Knee Society President's Award (BASK) - 2022
- Fellowship - British Orthopaedic Association Future Leader Program - 2022
- Orthopaedic Trauma Association Bovill Award - 2022
- British Association Surgery of the Knee Research Fellowship - 2021/2022
- World Congress of Biomechanics Podium Finalist - 2018
- Dollar Academy Prize in Economics - 2006

PUBLICATIONS:

- **Al-Hourani K**, Gill SS, Govardhana BR, Hurley E, Khan S, Davidson A, Li X, Murray IR, Haddad FS. Allografts in primary anterior cruciate ligament reconstruction: a scoping review of the literature highlighting reporting standards. *Bone & Joint Open*. 2025 Aug 13;6(8):933.
- Bailey M, **Al-Hourani K**, Dewan V, Hings C, Metcalfe A. Evaluation of Practice Patellofemoral Instability Collaborative (EPPIC). *The Knee*. Accepted ahead of print.
- Saleet J, Hao KA, **Al-Hourani K**, Ment AJ, Clarke RA, Nian P, Curry EJ, Abdul-Rassoul H, Cusano A, Parisien RL, Li X. Similar Rate of Return to Sport and Reoperation but Higher Rate of Recurrent Instability in Contact Versus Noncontact Athletes After Primary Arthroscopic Anterior Bankart Repair: A Systematic Review and Meta-analysis. *The American Journal of Sports Medicine*. 2024 June.
- **Al-Hourani K**, Haddad F. Allografts in soft tissue knee surgery: A call for minimum reporting standard. *Bone and Joint Journal*. 2024;106-B(6):516-521.
- **Al-Hourani K**, Foote CJ, Duckworth AD, White TO, Kelly MB, Tornetta III P, SPARTA Investigators. What Is the Safe Window from Definitive Fixation to Flap Coverage in Type 3B Open Tibia Fractures? Supporting Plastics and Orthopaedics Alliance in Reducing Trauma Adverse Events (SPARTA). *Journal of orthopaedic trauma*. 2023 Mar 1;37(3):103-8.
- Farhan-Alanie MM, Ward J, Kelly MB, **Al-Hourani K**. Current Perspectives on the Management of Bone Fragments in Open Tibial Fractures: New Developments and Future Directions. *Orthopedic Research and Reviews*. 2022 Jan 1:275-86.
- **Al-Hourani K**, Pearce O, Stoddart M, Riddick A, Khan U, Kelly MB. Orthoplastic Reconstruction of Type IIIB Open Tibial Shaft Fractures Utilising Debrided Devitalised Cortical Segments: Health Related Quality of Life Outcomes. *Journal of Orthopaedic Trauma*. 2022 Feb 28;36(7): 332-8.
- **Al-Hourani K**, MacDonald DJ, Turnbull GS, Breusch SJ, Scott CE. Return to work following total knee and hip arthroplasty: The effect of patient intent and preoperative work status. *The Journal of Arthroplasty*. 2021 Feb 1;36(2):434-41.

- **Al-Hourani K**, Donovan R, Stoddart MT, Foote CJ, Kelly MB, Tornetta P. Definitive fixation outcomes of open tibial shaft fractures: systematic review and network meta-analysis. *Journal of Orthopaedic Trauma*. 2021 Nov 1;35(11):561-9.
- **Al-Hourani K**, Pearce O, Bott A, Riddick A, Trompeter A, Kelly MB. Three-vessel view debridement of the open tibial fracture: a surgical technique. *European Journal of Orthopaedic Surgery & Traumatology*. 2021 Sep 10:1-7.
- **Al-Hourani K**, Tsang ST, Simpson AH. Osteoporosis: current screening methods, novel techniques, and preoperative assessment of bone mineral density. *Bone & Joint Research*. 2021 Dec 15;10(12):840-3.
- **Al-Hourani K**, Stoddart M, Pearce O, Riddick A, Khan U, Kelly MB. Acute Compartment Syndrome in Type IIIB Open Tibial Shaft Fractures Using a 2-Stage Orthoplastic Approach. *Journal of Orthopaedic Trauma*. 2021 Dec 1;35(12):643-9.
- **Al-Hourani K**, Pearce O, Kelly M. Standards of open lower limb fracture care in the United Kingdom. *Injury*. 2021 Mar 1;52(3):378-83.
- Pearce O, Edwards T, **Al-Hourani K**, Kelly M, Riddick A. Evaluation and management of atypical femoral fractures: an update of current knowledge. *European Journal of Orthopaedic Surgery & Traumatology*. 2021 Jul;31(5):825-40.
- Foote CJ, Tornetta III P, Reito A, **Al-Hourani K**, Schenker M, Bosse M, Coles CP, Bozzo A, Furey A, Leighton R, GOLIATH Investigators. A reevaluation of the risk of infection based on time to debridement in open fractures: results of the GOLIATH meta-analysis of observational studies and limited trial data. *JBJS*. 2021 Feb 3;103(3):265-73.
- Robinson PG, Williamson T, Murray IR, **Al-Hourani K**, White TO. Sporting participation following the operative management of chondral defects of the knee at mid-term follow up: a systematic review and meta-analysis. *Journal of experimental orthopaedics*. 2020 Dec;7(1):1-0.
- Pearce O, **Al-Hourani K**, Kelly M. Ankle fractures in the elderly: Current concepts. *Injury*. 2020 Dec 1;51(12):2740-7.
- Wilson E, Vala A, O'Callaghan J, McCann P, **Al-Hourani K**. The Effect of Simple Cost Effective Interventions in Improving Enhanced Recovery in Neck of Femur Fracture Care. *Cureus*. 2020 Oct 28;12(10).
- Stoddart M, Pearce O, Smith J, McCann P, Sheridan B, **Al-Hourani K**. Proximal humerus fractures: reliability of neer versus AO classification on plain radiographs and computed tomography. *Cureus*. 2020 Jun 9;12(6).
- **Al-Hourani K**, Mathews JA, Shiels S, Harries W, Hepple S, Winson I. The symptomatic adult flat-foot: Is there a relationship between severity and degree of pre-existing arthritis in the foot and ankle?. *The Foot*. 2020 Jun 1;43:101664.
- Murray NJ, **Al-Hourani K**, Crowther MA, Sarangi PP, McCann PA. Medium-term rates of radiolucency after primary total shoulder arthroplasty using a cementless metal-backed pegged polyethylene glenoid. *Shoulder & Elbow*. 2021 Jun;13(3):283-9.
- Stoddart MT, **Al-Hourani K**, Fowler T, Khan U, Kelly MB. Plate-assisted intramedullary nailing of gustilo type IIIB open tibial diaphyseal fractures: does adjunctive plate retention affect complication rate?. *Journal of Orthopaedic Trauma*. 2020 Jul 1;34(7):363-9.

Published papers

- **Al-Hourani K**, Stoddart M, Khan U, Riddick A, Kelly M. Orthoplastic reconstruction of type IIIB open tibial fractures retaining debrided devitalized cortical segments: the Bristol experience 2014 to 2018. *The Bone & Joint Journal*. 2019 Aug;101(8):1002-8.
- **Al-Hourani K**, Fowler T, Whitehouse MR, Khan U, Kelly M. Two-stage combined ortho-plastic management of type IIIB open diaphyseal tibial fractures requiring flap coverage: is the timing of debridement and coverage associated with outcomes?. *Journal of Orthopaedic Trauma*. 2019 Dec 1;33(12):591-7.
- **Al-Hourani K**, Stoddart M, Chesser TJ. Syndesmotic fixation in unstable ankle fractures: Does early post-operative weight bearing affect radiographic outcomes?. *Injury*. 2019 Mar 1;50(3):790-5.
- **Al-Hourani K**, Smith JR, Crowther MA, Sarangi P, McCann PA. Short-term rates of radiolucency after primary total shoulder arthroplasty using a cementless metal-backed pegged polyethylene glen-oid. *Shoulder & Elbow*. 2020 Dec;12(1_suppl):4-10.
- **Al-Hourani K**, Gamble D, Armstrong P, O'Neill G, Kirkpatrick J. The predictive value of ultrasound in certain hand and wrist conditions. *J Hand Surg Asian Pac*. 2018;23(1):76-81.
- Olivier JB, Al-Hourani K, Bolland B. Lemierre's syndrome; a rare cause of septic arthritis. *BMJ*. 2017:bcr-2017.
- **Al-Hourani, Khalid**, Al-Aref R, Ley-Greaves R, Ballout F, Mesfin A. "Five year publication rate of podium presentations at SICOT Annual Conference: an observational study and new objective proposal of conference power." *SICOT-J*. 2017;3:36.
- Cairney C, Bekwith H, **Al-Hourani K**, Eddleston M, Bateman N, Dear J. Plasma paracetamol concentration at hospital presentation has a dose-dependent relationship with liver injury despite prompt treatment with intravenous acetylcysteine. *Clinical Toxicology*. 2016;54(5):405-10.
- **Al-Hourani K**, Al-Aref R, Mesfin A. Upper cervical epidural abscess in clinical practice: Diagnosis and management. *Global Spine J*. 2016;6(4):383-93.
- Al-Hourani K, Jefferies J, Will E, Keating JF. Comparison of range of motion and muscle function outcome in the isolated MCL and combined ACL-MCL deficient knee. *J Clin Ortho Tr*. 2015;6(2):89-93.
- **Al-Hourani K**, Frost C, Mesfin A. Upper cervical epidural abscess in a patient with Parkinson disease. A case report and review. *Ger Orth Surg & Rehab*. 2015;6(4):328-3.
- **Al-Hourani K**, Mansi R, Pettie J, Dow M, Bateman DM, Dear J. The predictive value of hospital admission serum alanine transaminase activity in patients with paracetamol poisoning. *Quarterly J Med*. 2013;106(6):541-6.
- Robinson CM, **Al-Hourani K**, Mallet TS, Murray IR. Anterior shoulder instability associated with coracoid non-union in patients with a seizure disorder. *JBJS Am*. 2012;94(7):e401-6.
- Mesfin A, Nesterenko SO, **Al-Hourani KG**, Jain A, Sponseller PD. Management of hangman's fractures and a subaxial compression fracture in two children with osteogenesis imperfecta. *J Surg Orthop Adv*. 2013;22(4):326-29
- Tsirkos A, **Al-Hourani K**. Transient logn thoracic nerve injury during posterior spinal fusion for adolescent idiopath scoliosis. A report of two cases *Ind J Orth*. 2013;47:621-3.

Book Chapter

Title: Rockwood and Green's Fractures in Adults. Chapter 19, Soft Tissue Coverage for Injuries and Fractures. March 2023. Authors: Khalid Al-Hourani, Michael Kelly, Umraz Khan.