

My passion is to provide kind, compassionate, and personalised care in the field of shoulder surgery. I believe that seeking out differing perspectives of surgeons and institutions all over the world has enabled me to provide the best care for my patients.



shoulders@mustafarashid.com

+44 (0) 7584 033 470

Greater London, England

@mustafa_rashid

ORCID 0000-0002-6236-4120



Employment

August 2024 - Present Colchester, England

Consultant Shoulder Surgeon specialising in complex primary and revision shoulder surgery

East Suffolk and North Essex NHS Foundation Trust

July 2023 - June 2023 Manchester, England

Locum Consultant Shoulder & Elbow Surgeon

Manchester University NHS Foundation Trust

July 2022 - June 2023 Calgary, Alberta

Upper Extremity Fellow

University of Calgary

Aug 2021 - July 2023 Wrightington, Lancashire

Post CCT Upper Limb Fellow

Wrightington, Wigan, and Leigh NHS Foundation Trust

Oct 2013 - Aug 2021 London, England

Specialist Registrar in Trauma & Orthopaedic Surgery

Percivall Pott Orthopaedic Rotation

Aug 2011 - Aug 2013 Manchester, England

Core Surgical Trainee (Trauma & Orthopaedic Surgery)

Aug 2009 - Aug 2011

Foundation Doctor

Stepping Hill Hospital

Positions of Responsibility

NIHR Associate PI (Sept 2021 - July 2022)

PRoCuRe Trial

Percivall Pott Club (Nov 2020 - Nov 2021)

Secretary

Founder (March 2020 - Aug 2021)

The School of Andry (medical education platform)

President (June 2015 - 2016)

British Orthopaedic Trainees Association

Vice Chair (July 2014 - 2016)

Academy of Royal Medical Colleges (JDC)

Vice President (June 2014 - 2015)

British Orthopaedic Trainees Association

Education Lead (June 2013 - 2014)

British Orthopaedic Trainees Association

Chairman (September 2010 - 2011)

North West Deanery Foundation Forum

Education

September 2021 - March 2023

Postgraduate Certificate (PGCert) in Clinical Education

Keele University

September 2020 - 2022

Diploma in Sports and Exercise Medicine

International Olympic Committee (IOC) / SportsOracle

October 2021

Fellow of the European Board of Orthopaedics and Traumatology (FEBOT)

European Federation of National Associations of Orthopaedics and Traumatology

2015 - 2018

Doctor of Philosophy (DPhil) in Musculoskeletal Sciences

University of Oxford (Worcester College)

Supervisors: Prof. Andrew Carr, Prof. Stephanie Dakin, and Prof. Sarah Snelling.

Title: Augmentation Strategies in Rotator Cuff Repair.

2010 - 2013

Master of Science (MSc) in Orthopaedic Engineering (Distinction Award)

Cardiff University

Supervisor: Prof. Rhys Pullin.

2004 - 2009

Bachelor of Medicine, Bachelor of Surgery (MB ChB)

University of Manchester



Travelling Fellowships

Dr. Ian Lo
Calgary, AB
October 2018

Dr. George Athwal
London, ON
October 2018

Dr. Brian Cole
Chicago, IL
March 2014

Dr. JP Warner
Boston, MA
March 2016

Drs. Matthias Zumstein,
Ralph Hertel, and
Alexandre Lädermann
Bern and Geneva,
Switzerland
October / November 2021

Dr. Peter Millett
Vail, CO
March 2015

Dr. Stephen Burkhart
San Antonio, TX
March 2014
&
Dr. Robert Hartzler
Oct 2024

Dr. Mark Frankle &
Dr. Jonathan Levy
Tampa and West
Palm Beach, FL
July / August 2024

Dr. Hiroyuki Sugaya
Tokyo, Japan
December 2019

Prof. Yong Girl Rhee
Seoul, South Korea
December 2019

Dr. Scott Rodeo
New York City, NY
February 2016

Dr. Basil Vrettos & Dr.
Steve Roche
Cape Town, SA
April 2016

Prof. Rajasekaran
Coimbatore, India
October 2018



Selected Awards and Prizes

Sept 2024

Copeland Fellowship Award (£1,500)

British Elbow and Shoulder Society (BESS)

May 2024

Stephen S. Burkhart Shoulder Innovation Research Award for "Arthroscopic Distal Tibial Allograft With Suture Button Fixation for Anterior Shoulder Instability" for the best overall shoulder paper (\$2,000)

Arthroscopy Association of North America (AANA)

Nov 2023

Canadian Orthopaedic Research Legacy (CORL) grant - Clinical and cost effectiveness of rotator cuff augmentation with human dermal allograft versus bovine collagen xenograft: a randomised controlled trial (\$20,000)

Canadian Orthopaedic Foundation

June 2023

Best Poster Prize - Outcomes of managing severe glenoid bone loss using custom 3D printed glenoid components in primary and revision reverse polarity total shoulder arthroplasty: a minimum 2-year follow-up.

British Elbow and Shoulder Society (BESS)

May 2023

1st Place Prize - Best Overall Research Presentation - Validating the glenoid track concept using dynamic arthroscopic assessment.

University of Calgary Surgical Fellows Research Symposium

November 2021

Stephen Copeland Award (£1250)

Percival Pott club

November 2020

Research Project Grant (£4,000) - "Investigating the impact on 1:1 scale 3D-printed anatomic models in pre-operative planning of complex periarticular fractures on surgeon perceptions."

AO UK

October - November 2018

Harry Morton Travelling Fellow (Travelling fellowship award - £2500)

Royal College of Surgeons (England)

June 2017

Trueta Prize (The Lord Nuffield Trust - £1500) - Augmentation Strategies in Rotator Cuff Repair

Lord Nuffield Trust

2016 - 2017

Freemasons' Fellow (One year research fellowship)

Royal College of Surgeons (England)

2015 - 2016

Girdlestone Scholarship

Lord Nuffield Trust, Oxford

April 2016

Best podium presentation award - "Muscle Regeneration Following Rotator Cuff Repair"

SICOT Annual Scientific Meeting

2016

Research Project Grant (£5,000) - "The development and validation of wearable technology for enhancing assessment of trauma rehabilitation outcomes."

AO UK

November 2015

Charles Manning award - "The influence of age and tear size on rotator cuff healing"

Percival Pott Orthopaedic Rotation 43rd Scientific Meeting

June 2014

Sir Ian Kelly award - "Muscle Regeneration Following Rotator Cuff Repair"

British Elbow and Shoulder Society meeting (Nottingham)

June 2014

Orthopaedic President's Prize Paper - "A Biomechanical Evaluation of Vancouver Type B1 Femoral Periprosthetic Fracture Fixation Using A Purpose-Designed Plating System"

Royal Society of Medicine (London)

November 2013

Charles Manning award - "Muscle Regeneration Following Rotator Cuff Repair"

Percival Pott Orthopaedic Rotation 41st Scientific Meeting

2012

Research Project Grant (£5,000) - "Periprosthetic Fracture Fixation Using A Purpose-Designed Plating System"

AO UK



Memberships

British Orthopaedic Association (BOA)

British Elbow and Shoulder Society (BESS)

British Orthopaedic Sports Trauma and Arthroscopy Association

Fellow of Royal College of Surgeons (England)

Faculty of Surgical Trainers (Royal College of Surgeons (Edin))

European Society for Surgery of the Shoulder and the Elbow

Canadian Orthopaedic Association (International Member)

American Shoulder & Elbow Surgeons Society (ASES)

Arthroscopy Association of North America (AANA)



Clinical expertise

My specialist expertise is in diagnosis, management and treatment of all conditions related to the shoulder. This includes rotator cuff tears, bursitis, biceps issues, arthritis, instability (dislocations), collarbone fractures, shoulder fractures, pec major tears, frozen shoulder, and AC joint injuries.



Current trends in shoulder arthroplasty - Are the trends backed by evidence? David W Shields, Yash Sewpaul, K Nayar Sandeep, Caroline M Atherton, Joaquim Goffin, Mustafa S Rashid. *J Clin Orthop Trauma*. 2024 Dec 27;62:102897. doi: 10.1016/j.jcot.2024.102897. eCollection 2025 Mar.

Navigated augmented reality through a head-mounted display leads to low deviation between planned, intra- and postoperative parameters during glenoid component placement of reverse shoulder arthroplasty: a proof-of-concept case series. J Tomás Rojas, Jennifer Menzemer, Mustafa S Rashid, Annabel Hayoz, Alexandre Läderrmann, Matthias A Zumstein. *JSES*. 2024 Jun 26:S1058-2746(24)00453-1. DOI: 10.1016/j.jse.2024.05.006.

Topical Preparations for Reducing Cutibacterium acnes Infections in Shoulder Surgery: A Systematic Review and Network Meta-analysis of Randomized Controlled Trials. Yash Sewpaul, Richard Huynh, Brook Leung, Harry Alcock, Sandeep Krishan Nayar, Mustafa S Rashid. *Am J Sports Med*. 2024 Apr 9:3635465231223877. PMID: 38590237 DOI: 10.1177/03635465231223877.

Clinical outcome of wedged glenoid reconstruction in anatomic total shoulder arthroplasty for osteoarthritic retroverted glenoid: a minimum 2-year follow-up. David W Shields, Jamie A'Court, Mustafa S Rashid, Puneet Monga. *JSES Int*. 2023 Dec 15;8(2):343-348. doi: 10.1016/j.jseint.2023.11.019. eCollection 2024 Mar. PMID: 38464446.

Validating the Glenoid Track Concept Using Dynamic Arthroscopic Assessment. Mustafa S Rashid, Saho Tsuchiya, Kristie D More, Justin LeBlanc, Aaron J Bois, Cory A Kwong, Ian K Y Lo. *Orthop J Sports Med*. 2024 Feb 21;12(2):23259671241226943. doi: 10.1177/23259671241226943. eCollection 2024 Feb. PMID: 38390400.

NSAIDs and COX-2 Inhibitors Do Not Affect Healing After Rotator Cuff Repair: A Systematic Review and Meta Analysis. Yash Sewpaul, Richard Cong Thinh Huynh, Alexander W Hartland, Brook Leung, Kar Hao Teoh, Mustafa S Rashid. *Arthroscopy*. 2023 Nov 14:S0749-8063(23)00914-3. doi: 10.1016/j.arthro.2023.10.048. Online ahead of print. PMID: 37967731.

Clinical and radiological outcomes of Lima ProMade custom 3D printed glenoid components in primary and revision reverse total shoulder arthroplasty with severe glenoid bone loss: a minimum 2-year follow-up. Mustafa S Rashid, Lindsay Cunningham, David W Shields, Michael J Walton, Puneet Monga, Richard S Bale, Ian A Trail. *J Shoulder Elbow Surg*. 2023 May 30;S1058-2746(23)00415-9. PMID: 37263477 DOI: 10.1016/j.jse.2023.04.020.

Clinical effectiveness of tenotomy versus tenodesis for long head of biceps pathology: a systematic review and meta-analysis. Alexander William Hartland, Raisa Islam, Kar Hao Teoh, Mustafa Saad Rashid. *BMJ Open*. 2022 Oct 11;12(10):e061954. PMID: 36220319 DOI: 10.1136/bmjopen-2022-061954.

Determining Clinical Effectiveness of Intraoperative Tranexamic Acid Use in Shoulder Surgery: A Systematic Review and Meta-analysis. Alexander W Hartland, Kar H Teoh, Mustafa S Rashid. *Am J Sports Med*. 2021 Jan 21; Online ahead of print. PMID: 33475421 DOI: 10.1177/0363546520981679.

Determining the Rate of Full-Thickness Progression in Partial-Thickness Rotator Cuff Tears: A systematic review. Tsuchiya S, Davison EM, Rashid MS, Bois AJ, LeBlanc J, More KD, Lo IKY. *J Shoulder Elbow Surg*. 2020 Sep 10:S1058-2746(20)30703-5. doi: 10.1016/j.jse.2020.08.022. Online ahead of print. PMID: 32920110

Rotator cuff repair with biological graft augmentation causes adverse tissue outcomes. Rashid MS, Smith RDJ, Nagra N, Wheway K, Watkins B, Snelling S, Dakin SG, Carr AJ. *Acta Orthop*. 2020 Jul 21:1-7. doi: 10.1080/17453674.2020.1793613. Online ahead of print. PMID: 32691656.

Histopathological and immunohistochemical evaluation of cellular response to a woven and electrospun polydioxanone (PDO) and polycaprolactone (PCL) patch for tendon repair. Rashid M, Dudhia J, Dakin SG, Snelling SJB, De Godoy R, Mouthuy PA, Smith RKW, Morrey M, Carr AJ. *Sci Rep*. 2020 Mar 16;10(1):4754. doi: 10.1038/s41598-020-61725-5.

Increasing age and tear size reduce rotator cuff repair healing rate at 1 year. Rashid MS, Cooper C, Cook J, Cooper D, Dakin SG, Snelling S, Carr AJ *Acta Orthop*. 2017 Sep 7:1-6. doi: 10.1080/17453674.2017.1370844.

Interests

Golf  Travelling  Skiing  American Football  Fine dining  Classical music 