

Dr Anthony Howard

Consultant Orthopaedic Elbow and Shoulder Surgeon, Salford Royal Major Trauma Centre · Barrister, Nine Chambers, Manchester

LLB (Hons) · MB ChB · MSc (Ortho Eng) · PGCert (Med Ed) · FRCSEd (Tr & Orth) · PhD · Barrister-at-Law

Education

2025	Fellow of the Royal College of Surgeons of Edinburgh (Trauma & Orthopaedics), February 2025
2016	PhD in Surgery & Oncology, The University of Liverpool. Thesis: 'Electromyographic and functional MRI studies on complex shoulder instability'
2011	Postgraduate Certificate in Medical Education, University of Dundee
2010	MSc in Orthopaedic Engineering, Cardiff University
2010	Bachelor of Medicine, Bachelor of Surgery (MB ChB), The University of Manchester
1992	Barrister-at-Law, Inns of Court School of Law, London
1991	LLB (Hons) Law, Lancaster University

SCHOOL QUALIFICATIONS

4 A levels: Chemistry (A), Economics (B), Law (B), Geography (C). 9 O level/GCSE passes, including English and Maths.

Work experience

MEDICINE

Aug 2026 –	Consultant Orthopaedic Elbow and Shoulder Surgeon, Salford Royal Major Trauma Centre, Northern Care Alliance, Manchester (appointed November 2025; started 1 August 2026)
Feb 2026 –	Senior Lecturer, Shoulder and Elbow Surgery Unit, Groote Schuur Hospital, University of Cape Town
Aug 2025	Upper Limb Fellow, Wrightington Hospital: six months with Prof Watts and Mr Wright, six months with Prof Monga and Prof Watts
Feb 2025	Upper Limb Fellow, University of Cape Town/Groote Schuur Hospital and Tygerberg Hospital/University of Stellenbosch, Cape Town, South Africa
Nov 2021 – Feb 2025	NIHR Academic Clinical Lecturer, Leeds General Infirmary (Prof Giannoudis and Mr Kanakaris)
Oct 2020 – Nov 2021	NIHR DSE/Wellcome Fellow, NDORMS, University of Oxford/University of Leeds

Jul 2016 – Sep 2020	NIHR Academic Clinical Lecturer, Leeds General Infirmary (Prof Giannoudis and Mr Kanakaris)
Aug 2012 – Jul 2015	NIHR Academic Clinical Fellow, Trauma & Orthopaedics, Leeds General Infirmary (Prof Giannoudis and Mr Kanakaris)
Aug 2010 – Aug 2012	NIHR Academic Foundation Post, Royal Liverpool Hospital (Professor Frostick)

LAW

Sep 1992 –	Barrister, Nine Chambers, Manchester
Jul 2019 – 2023	Assistant Coroner, Bradford, West Yorkshire
Jul 2008 – 2014	Assistant Deputy Coroner, Preston and West Lancashire
May 1999 – May 2000	Secondment to Johnson Stokes & Master Solicitors, Princes Tower, Central, Hong Kong

I was called to the Bar in 1992 and have practised from the same Chambers throughout. My practice now centres on regulatory and professional disciplinary work and coronial law. I am a member of the GMC Approved Panel of Counsel and regularly represent the GMC in fitness to practise proceedings before the Medical Practitioners Tribunal Service. I also appear in inquests.

I held judicial office as a coroner for approximately ten years, first as Assistant Deputy Coroner for Preston and West Lancashire (2008–2014) and then as Assistant Coroner for Bradford, West Yorkshire (2019–2023). I no longer sit.

Between 1999 and 2000 I spent a year on secondment in Hong Kong with Johnson Stokes & Master, advising on the then newly introduced employment discrimination legislation.

Research

PRIZES AND AWARDS

- Winston Churchill Fellowship, January 2019
- Young Investigator Award, British Orthopaedic Association Congress, Liverpool, September 2017
- Second Best Paper, European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Vienna, June 2017
- Ian Kelly Prize for second-best podium presentation, British Elbow Society national meeting, Sheffield, June 2015
- Best Poster in Shoulder & Elbow, Orthopaedic Research Society international meeting, Las Vegas, February 2015

ACADEMIC FELLOWSHIPS

- NIHR Development and Skill Enhancement Award: to work on the SPiRiT trial and with the Oxford Clinical Trials Unit (approx. £35,000)
- Wellcome Trust: to develop clinical trials at Leeds CTU, partnering with Liverpool and Oxford CTUs (approx. £60,000)

GRANTS – PRINCIPAL INVESTIGATOR

- Ministry of Defence: muscle atrophy in upper limb trauma (£92,000)
- SICOT: traditional bonesetters in Rwanda, Ghana and Ethiopia (£10,000)
- British Society for Children's Orthopaedic Surgery: consent in clinical trials (£5,000)
- Research Development Fund: PPI group funding for a non-union trial (£671)

GRANTS – CO-APPLICANT

- NIHR HTA: SUFE national trial, Liverpool CTU (£1.2 million)

- NIHR Global Health Policy and Systems Research Programme, Trauma Development Grant, Birmingham Global Surgery Unit: equitable access to quality trauma systems in low- and middle-income countries – assessing gaps and developing priorities (£92,000)
- BMA Foundation for Medical Research, University of Leeds: low-cost wire-tension sensing technology to improve the use of Ilizarov circular frame fixators for long bone fractures (£12,000)

STEERING GROUP MEMBERSHIP

- NIHR START:REACTS – Subacromial spacer for Tears Affecting Rotator cuff Tendons: a Randomised, Efficient, Adaptive Clinical Trial in Surgery
- NIHR SPiRIT – Shoulder Pain: Randomised trial of Injectable Treatments; principal investigator at the Leeds centre
- NIHR Global Health Group on Equitable Access to Quality Health Care for Injured People in Four Low or Middle Income Countries (Equi-injury)

ACADEMIC APPOINTMENTS

- Global Elbow Network Research Committee (2026 –)
- Senior Lecturer, Shoulder and Elbow Surgery Unit, Groote Schuur Hospital, University of Cape Town (February 2026 –)
- British Elbow and Shoulder Society Research Committee (2025 –)
- Associate Editor, *Strategies in Trauma and Limb Reconstruction*
- Trainee Representative, Integrated Academic Training Advisory Committee (2018–2024)
- Member, SICOT Grants Committee (2020–2023)
- Chair, Faculty Research Ethics Committee, Health & Medicine, University of Leeds (2018–2023)

OTHER POSITIONS

- Trustee, Day One Trauma Support (2021 –)

Publications

1	4	41	11
edited book	book chapters	peer-reviewed journal articles	editorials and other articles

BOOK (EDITOR)

Howard A, Rix K, editors. *Expert Musculoskeletal and Orthopaedic Evidence*. Expert Medical Evidence series (series editors Rix K, Badenoch J). Cambridge: Cambridge University Press; in press (expected December 2026).

BOOK CHAPTERS

1. **Howard A**, Watts A. PLRI and terrible triads. In: Grandizio LC, Hoyer RW, editors. *Traumatic Elbow Instability: Evaluation and Management*. Springer Nature; in press.
2. Monga P, Beath D, **Howard A**. Management of unstable arthroplasty. In: Rhee J, Cobiella C, Lambert S, Selim A, editors. *Shoulder Arthroplasty: A Concise Source for Orthopaedic Trainees*. Springer Nature; in press.
3. **Howard A**, Tosounidis T, Giannoudis PV. Humeral shaft fractures (transverse, oblique, butterfly, bifocal). In: Giannoudis PV, editor. *Fracture Reduction and Fixation Techniques: Upper Extremities*. Switzerland: Springer Nature; 2018.
4. **Howard A**. How to read a medical report. In: Rix K, editor. *Expert Psychiatric Evidence*. 2nd ed. Cambridge: Cambridge University Press.

PEER-REVIEWED JOURNAL ARTICLES

1. BurrIDGE I, Amaral A, Pinheiro H, Souto É, Giordano V, Giannoudis P, **Howard A**. Outcomes after hip fracture surgery in Brazil and the United Kingdom: a comparative cohort study. *Rev Bras Ortop*. In press.

2. Ismayl G, Alabbas A, **Howard A**, Fishlock A, Sabouni MY. Flexible intramedullary nailing in the treatment of paediatric forearm fractures: 15-years' experience at a level one trauma centre, comparison of implant retention versus removal and cost-effectiveness analysis. *Injury*. 2026;57(8):113432. doi:10.1016/j.injury.2026.113432
3. Burrige IS, **Howard A**, Harwood P, Benton AM, Merrell C, Culmer P, Bolton W, Stewart TD. Wire tension in circular external fixation frames. *Strategies Trauma Limb Reconstr*. 2025;20(2):94-99. doi:10.5005/jp-journals-10080-1653
4. Woods A, **Howard A**, Peckham N, Rombach I, Saleh A, Achten J, Appelbe D, Thamattore P, Gwilym SE. Randomized feasibility study of an autologous protein solution versus corticosteroids injection for treating subacromial pain in the primary care setting – the SPiRiT trial. *Bone Jt Open*. 2024;5(7):534-542. doi:10.1302/2633-1462.57.BJO-2023-0180.R1
5. Kennedy C, Ignatowicz A, Odland ML, Abdul-Latif AM, Belli A, **Howard A**, Whitaker J, Chu KM, Ferreira K, Owolabi EO, Nyamathe S, Tabiri S, Ofori B, Pognaa Kunfah SM, Yakubu M, Bekele A, Alayande B, Nzasabimana P, Byiringiro JC, Davies J. Commonalities and differences in injured patient experiences of accessing and receiving quality injury care: a qualitative study in three sub-Saharan African countries. *BMJ Open*. 2024;14(7):e082098. doi:10.1136/bmjopen-2023-082098
6. Sadnicka A, **Howard A**, Hakim R, Luker J, Barratt J, Joury E. Core needs and diverse opportunity: a survey of academic clinical lecturers and the effects of the COVID-19 pandemic. *Future Healthc J*. 2024;11(2):100140. doi:10.1016/j.fhj.2024.100140
7. **Howard A**, Woods A, Rombach I, Achten J, Appelbe D, Athwal A, Jones E, Draper K, Gwilym S. SPiRiT study protocol (Shoulder Pain: Randomised trial of Injectable Treatments): a randomised feasibility and pilot study of autologous protein solution (APS) vs corticosteroids for treating subacromial shoulder pain. *Pilot Feasibility Stud*. 2024;10(1):9. doi:10.1186/s40814-023-01425-9
8. **Howard A**, Myatt A, Hodgson H, Naeem H, Pepple S, Perumal A, Panteli M, Kanakaris N, Giannoudis PV. Retrograde intramedullary nailing or locked plating for stabilisation of distal femoral fractures? A comparative study of 193 patients. *Eur J Orthop Surg Traumatol*. 2024;34(1):471-478. doi:10.1007/s00590-023-03650-7
9. Odland ML, Abdul-Latif AM, Ignatowicz A, Bekele A, Chu K, **Howard A**, Tabiri S, Byiringiro JC, Davies J. Governance for injury care systems in Ghana, South Africa and Rwanda: development and pilot testing of an assessment tool. *BMJ Open*. 2023;13(9):e074088. doi:10.1136/bmjopen-2023-074088
10. Konadu-Yeboah D, Yempabe T, Bo-Ib Buunaaim AD, Konadu P, Owusu R, Arthur J, Osei FA, Nuertey B, Mensah NK, Odoom SF, Addo-Larbi W, Martin C, Buehler P, Addo R, Yankyera BO, Osei PK, Azaglo M, Okyere P, Mensah B, Misbahu Y, Hamdiyat A, Abrefi B, Akuoku D, Minta S, Pokuua M, Imoro M, Dongyele M, **Howard A**, Harrison WJ. Training traditional bonesetters in basic principles of fracture treatment: a proof of concept in Ghana. *J Bone Joint Surg Am*. 2023;105(24):1995-2001. doi:10.2106/JBJS.22.01304
11. Hodgson H, Saghir N, Saghir R, Coughlin P, Scott D, **Howard A**. Arterial complications following total knee arthroplasty (TKA): a systematic review and proposal for improved monitoring. *Malays Orthop J*. 2023;17(1):80-89. doi:10.5704/MOJ.2303.010
12. Panteli M, Souroullas P, Gowda SR, Vun JSH, **Howard AJ**, Kanakaris NK, Giannoudis PV. Operative management of acetabular fractures in the elderly: a case series. *Eur J Trauma Emerg Surg*. 2023;49(2):1011-1021. doi:10.1007/s00068-022-02129-0
13. **Howard A**, Bolton W, Wood A, Hodgson H, Scott J, Jayne D, Bundu I. There is a great variety of orthopaedic conditions presenting to a large hospital in Sierra Leone: a 3-year prospective study. *Eur J Orthop Surg Traumatol*. 2023;33(3):581-585. doi:10.1007/s00590-022-03380-2
14. Panteli M, Vun JSH, Ahmadi M, West RM, **Howard AJ**, Chloros G, Pountos I, Giannoudis PV. Blood loss and transfusion risk in intramedullary nailing for subtrochanteric fractures. *Transfus Med*. 2023;33(1):49-60. doi:10.1111/tme.12904
15. **Howard A**, Robinson T, Lind A, Pepple S, COVID Ortho Group Collaborators, Chloros GD, Giannoudis PV. Opportunities arising from the COVID-19: an international orthopaedic surgeons' perspective. *Eur J Orthop Surg Traumatol*. 2023;33(5):1959-1964. doi:10.1007/s00590-022-03334-8
16. **Howard A**, West RM, Iball G, Panteli M, Bakshi MS, Pandit H, Giannoudis PV. Should radiation exposure be an issue of concern in children with multiple trauma?. *Ann Surg*. 2022;275(3):596-601. doi:10.1097/SLA.0000000000004204
17. Hodgson H, Wilkinson M, Bowen S, Giannoudis P, **Howard A**. Older adults are not more susceptible to acute muscle atrophy after immobilisation compared to younger adults: a systematic review. *Eur J Trauma Emerg Surg*. 2022;48(2):1167-1176. doi:10.1007/s00068-021-01694-0

18. Panteli M, Vun JSH, West RM, **Howard AJ**, Pountos I, Giannoudis PV. Management of subtrochanteric femur fractures: is open reduction associated with poor outcomes?. *Eur J Trauma Emerg Surg.* 2022;48(3):1759-1768. doi:10.1007/s00068-021-01834-6
19. Panteli M, Vun JSH, West RM, **Howard A**, Pountos I, Giannoudis PV. Subtrochanteric femoral fractures and intramedullary nailing complications: a comparison of two implants. *J Orthop Traumatol.* 2022;23(1):27. doi:10.1186/s10195-022-00645-8
20. Odland ML, Abdul-Latif AM, Ignatowicz A, Alayande B, Appia Ofori B, Balanikas E, Bekele A, Belli A, Chu K, Ferreira K, **Howard A**, Nzasabimana P, Owolabi EO, Nyamathe S, Pognaa Kunfah SM, Tabiri S, Yakubu M, Whitaker J, Byiringiro JC, Davies JI. Equitable access to quality trauma systems in low-income and middle-income countries: assessing gaps and developing priorities in Ghana, Rwanda and South Africa. *BMJ Glob Health.* 2022;7(4):e008256. doi:10.1136/bmjgh-2021-008256
21. Panteli M, Vun JSH, Pountos I, **Howard AJ**, Jones E, Giannoudis PV. Biological and molecular profile of fracture non-union tissue: a systematic review and an update on current insights. *J Cell Mol Med.* 2022;26(3):601-623. doi:10.1111/jcmm.17096
22. Kinder F, Mehmood S, Hodgson H, Giannoudis P, **Howard A**. Barriers to trauma care in South and Central America: a systematic review. *Eur J Orthop Surg Traumatol.* 2022;32(6):1163-1177. doi:10.1007/s00590-021-03080-3
23. Hodgson H, Golmohamad R, Gulati A, Pandit H, Palan J, Giannoudis P, **Howard A**. Patient perspectives on elective orthopaedic surgery during the COVID-19 pandemic: a comparison between patients from different ethnic backgrounds. *Ann R Coll Surg Engl.* 2022;104(5):346-352. doi:10.1308/rcsann.2021.0189
24. Chloros GD, **Howard A**, Kanakaris NK, Giannoudis PV. Case report: restoration of an open 12 cm femoral defect treated with the Masquelet technique in a 20-year-old polytrauma. *Trauma Case Rep.* 2021;36:100563. doi:10.1016/j.tcr.2021.100563
25. Panteli M, Vun JSH, West RM, **Howard AJ**, Pountos I, Giannoudis PV. Development and validation of a post-operative non-union risk score for subtrochanteric femur fractures. *J Clin Med.* 2021;10(23):5632. doi:10.3390/jcm10235632
26. Panteli M, Vun JSH, West RM, **Howard A**, Pountos I, Giannoudis PV. Surgical site infection following intramedullary nailing of subtrochanteric femoral fractures. *J Clin Med.* 2021;10(15):3331. doi:10.3390/jcm10153331
27. Chloros GD, Kanakaris NK, Vun JSH, **Howard A**, Giannoudis PV. Scoring systems for early prediction of tibial fracture non-union: an update. *Int Orthop.* 2021;45(8):2081-2091. doi:10.1007/s00264-021-05088-0
28. Golenya R, Chloros GD, Panteli M, Giannoudis PV, **Howard A**. How to improve diversity in patient and public involvement. *Br J Hosp Med (Lond).* 2021;82(6):1-8. doi:10.12968/hmed.2021.0176
29. **Howard A**, Hodgson H, Vun J, Panteli M, Palan J, Pandit H, Giannoudis PV. The patient's perspective on returning to elective surgery after COVID-19. *Ann Surg.* 2021;273(2):e41-e43. doi:10.1097/SLA.0000000000004619
30. **Howard A**, Webster J, Quinton N, Giannoudis PV. 'Hobson's choice': a qualitative study of consent in acute surgery. *BMJ Open.* 2020;10(10):e037657. doi:10.1136/bmjopen-2020-037657
31. Kinder F, Giannoudis PV, Boddice T, **Howard A**. The effect of an abnormal BMI on orthopaedic trauma patients: a systematic review and meta-analysis. *J Clin Med.* 2020;9(5):1302. doi:10.3390/jcm9051302
32. Andrzejowski PA, **Howard A**, Vun JSH, Manzoor N, Patsiogiannis N, Kanakaris NK, Giannoudis PV. COVID-19: the first 30 days at a UK level 1 trauma centre and lessons learnt. *Cureus.* 2020;12(11):e11547. doi:10.7759/cureus.11547
33. **Howard A**, McWilliams T, Hannant G, Saghir N, Giannoudis P, Scott J. Could no-fault compensation for medical errors improve care and reduce costs?. *Br J Hosp Med (Lond).* 2019;80(7):387-390. doi:10.12968/hmed.2019.80.7.387
34. **Howard A**, West R, Iball G, Panteli M, Pandit H, Giannoudis PV. An estimation of lifetime fatal carcinogenesis risk attributable to radiation exposure in the first year following polytrauma: a major trauma center's experience over 10 years. *J Bone Joint Surg Am.* 2019;101(15):1375-1380. doi:10.2106/JBJS.18.01334
35. **Howard A**, Powell JL, Gibson J, Hawkes D, Kemp GJ, Frostick SP. A functional magnetic resonance imaging study of patients with Polar type II/III complex shoulder instability. *Sci Rep.* 2019;9(1):6271. doi:10.1038/s41598-019-42754-1
36. Hawkes DH, Khaiyat OA, **Howard AJ**, Kemp GJ, Frostick SP. Patterns of muscle coordination during dynamic glenohumeral joint elevation: an EMG study. *PLoS One.* 2019;14(2):e0211800. (Joint first authors.) doi:10.1371/journal.pone.0211800

37. **Howard A**, Zhong J, Scott J. Are multidisciplinary teams a legal shield or just a clinical comfort blanket?. *Br J Hosp Med (Lond)*. 2018;79(4):218-220. doi:10.12968/hmed.2018.79.4.218
38. Alizadehkhayat O, Hawkes DH, Kemp GJ, **Howard A**, Frostick SP. Muscle strength and its relationship with skeletal muscle mass indices as determined by segmental bio-impedance analysis. *Eur J Appl Physiol*. 2014;114(1):177-185. doi:10.1007/s00421-013-2764-y
39. Mayne AI, **Howard A**, Kent M, Banks J. Acute carpal tunnel syndrome in a patient with haemophilia. *BMJ Case Rep*. 2012;2012:bcr0320126152. doi:10.1136/bcr-03-2012-6152
40. **Howard AJ**, Kulkarni O, Lekwuwa G, Emsley HC. Rapidly progressive polyneuropathy due to dry beriberi in a man: a case report. *J Med Case Rep*. 2010;4:409. doi:10.1186/1752-1947-4-409
41. **Howard A**, Smith M, Hughes P, Bale S. Hemi resurfacing of the humeral head for an osteochondral lesion affecting the entire head surface. *Acta Orthop Belg*. 2009;75(4):546-548.

EDITORIALS AND OTHER ARTICLES

1. **Howard A**, Thomas GER, Perry DC. Stable slipped capital femoral epiphysis with significant deformity. *Bone Joint J*. 2024;106-B(2):111-113. Editorial. doi:10.1302/0301-620X.106B2.BJJ-2023-1027
2. Golenya R, **Howard A**, Giannoudis P, Freeman N. The challenges of managing direct oral anticoagulants and acute hip fracture surgery: a UK survey. *Bull R Coll Surg Engl*. 2024;106(4):220-227. doi:10.1308/rcsbull.2024.74
3. Naeem H, Demoulin EJ, Allen J, Andronic A, **Howard A**. Duty of candour: encouraging a culture of openness and honesty. *Br J Hosp Med (Lond)*. 2023;84(11):1-4. Editorial. doi:10.12968/hmed.2023.0254
4. Hodgson H, Giannoudis PV, **Howard A**. Fracture non-union; what are the current perceived challenges among clinicians?. *Injury*. 2022;53(12):3865-3866. Editorial. doi:10.1016/j.injury.2022.10.029
5. Chloros GD, **Howard A**, Giordano V, Giannoudis PV. Radiographic long bone fracture healing scores: can they predict non-union?. *Injury*. 2020;51(8):1693-1695. Editorial. doi:10.1016/j.injury.2020.07.024
6. **Howard A**, Kanakaris NK, Giannoudis PV. Turning adversity and deprivation into improvements in medicine – the COVID opportunity. *Injury*. 2020;51(4):785-786. Editorial. doi:10.1016/j.injury.2020.04.001
7. Bolton WS, **Howard AJ**, Santos ACW, Chippendale TJ, Bundu I, Jayne DG, Wood AM. Lessons identified in delivering an orthopaedic training course in Freetown, Sierra Leone as part of the NIHR Global Health Research Group FIXT trial. *J R Nav Med Serv*. 2019;105(3):161-166. doi:10.1136/jrnms-105-161
8. Myatt A, Cheadle C, Hannant G, Samir A, **Howard A**. Does the professional know their supracondylar from their gluteus maximus?. *Bull R Coll Surg Engl*. 2019;101(7):286-289. doi:10.1308/rcsbull.2019.286
9. Lamb JN, **Howard AJ**, Marciniak J, Shenolikar A. Does the word 'quiet' really make things busier?. *Bull R Coll Surg Engl*. 2017;99(4):133-136. doi:10.1308/rcsbull.2017.133
10. **Howard A**, Giannoudis PV. Proximal femoral fractures: issues and challenges. *Injury*. 2012;43(12):1975-1977. Editorial. doi:10.1016/j.injury.2012.09.013
11. **Howard A**, Hancock P. Death certification. *Student BMJ*. 2009;b1570. doi:10.1136/sbmj.b1570

I have been published in both *Kemp & Kemp* and *Current Law* in respect of cases I have conducted as a barrister.

Presentations

50

podium and poster presentations,
2008–2022

21

international

18

European

11

national

Meetings include the American Academy of Orthopaedic Surgeons, Orthopaedic Trauma Association, Orthopaedic Research Society, International Congress of Shoulder and Elbow Surgery, SICOT Orthopaedic World Congress, EFORT, the European Society for Surgery of the Shoulder and Elbow, the British Orthopaedic Association and the British Elbow and Shoulder Society.

SELECTED

- Experience of legal claims in the last 20 years in England in orthopaedic surgery. Azhar S, Giannoudis P, **Howard A**. SICOT Orthopaedic World Congress, Montreal, October 2018 (podium).
- Are the brains of patients with complex shoulder instability wired differently? **Howard A**, Powell J, Hawkes D, Gibson J, Alizadehkhayat O, Roebuck M, Kemp G, Frostick S. Orthopaedic Research Society, Las Vegas, 2015 – judged best poster in shoulder/elbow and invited to present at AAOS 2015.
- The measurement of force within external fixation frames as a potential marker of fracture union: a laboratory feasibility study. Naeem H, Maroy R, Stewart T, Harwood P, **Howard A**. EFORT, Lisbon, 2022 (podium) – shortlisted for a prize.
- Retrograde intramedullary nailing or locked plating for stabilisation of distal femoral fractures? A comparative study of 193 patients. **Howard A**, Myatt A, Mohan S, Panteli M, Hodgson H, Kinder F, Singh M, Giannoudis P. AAOS, Chicago, March 2022 (podium).
- Should radiation exposure and risk of developing fatal solid tumours in polytrauma patients be an issue of concern? **Howard A**, Panteli M, Pountos I, Giannoudis P. British Orthopaedic Association Congress, Birmingham, September 2018 (podium).

A full list of presentations is available on request.

Teaching

I have been on the faculty of the British Orthopaedic Association medico-legal course, and I run an 8-week course before each FRCS Part 1 examination for trainees. I have lectured on many occasions to solicitors and students on the postgraduate course at Manchester Metropolitan University.

I am currently involved with medical students from the University of Leeds through the Inspire Programme, undertaking various research projects and leading research modules within the MBChB programme.

I currently mentor students on the Bar Vocational Course on behalf of the Inner Temple, London.

To provide a theoretical basis for my teaching, I completed the Postgraduate Certificate in Medical Education at the University of Dundee, a distance-learning course, during my F1 year.

Management

I was selected for the NIHR Future Leaders Course (18 months, 2022).

I am a trustee of Day One Trauma Support. I was first involved with the charity as a fundraiser, raising over £150,000. Day One is a national UK charity providing practical and emotional support to people and their families affected by major physical trauma, offering peer support, legal and financial advice, and counselling from “day one” through their full recovery.

During my time in Chambers I have served on the Management Committee, which oversees the operation of Nine Chambers, currently with a turnover exceeding £9 million.

Non-medical awards

- Ironman 2017 season: ranked 23rd in my age group in the UK and in the top 5% worldwide. Qualified for the World Championships (place deferred to 2026 because of exams).
- Winner of the Northern Finals of MasterChef; appeared in the quarter-finals of the televised competition, 2001.
- Duke of Edinburgh Scholarship, awarded by the Honourable Society of the Inner Temple, London, while at the Inns of Court School of Law, 1991.
- Donovan Tagg Award for Outstanding Services as College President – the first time it had been awarded to an undergraduate in over 30 years, 1991.

Interests

Since 2014 I have completed the Abbott World Marathon Majors in Tokyo, Boston, Paris, New York, Berlin and London. I have also completed 14 full-distance Ironman triathlons, including Bolton, Mexico, Zurich, Barcelona and Nice, and qualified for the World Championships in Kona, Hawaii, in October 2026. In April 2018 I finished the Marathon des Sables, known as the “world’s toughest foot race”.

I am a qualified yacht skipper, holding Yachtmaster (shore-based) and Day Skipper (offshore) certificates. In 1997 I navigated for a yacht racing team in several Royal Ocean Racing Club races on the South Coast and in France. I have approximately 2,000 nautical miles of experience, mostly as skipper.

In 2001 my love of cooking led me to compete and qualify as a Northern Finalist on the television programme MasterChef.