

DR. JAWAD A. KHAN, M.D., MPH

Orthopaedic Surgeon | Gym Owner & Operator | Combat Sports & Fitness Industry Expert

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Board-certified orthopaedic surgeon, fellowship-trained in hand and upper extremity surgery, with dual expertise as an owner-operator of two combat sports and fitness facilities in Southern California. Uniquely positioned to opine on both the medical and operational dimensions of fitness industry litigation: injury causation and mechanism, standard of care for gym operations, member and athlete safety protocols, training supervision, coaching qualifications, equipment selection and maintenance, and youth athlete safety.

Active daily involvement in gym operations and coaching, including youth jiu-jitsu and wrestling instruction, adult strength and conditioning classes, and combat sports conditioning programming. Certified MMA Conditioning Specialist (NASM) and published author on fitness, conditioning, and combat sports performance. Qualified Medical Evaluator (QME) with formal expert witness training emphasizing objective, evidence-based opinions, detailed record review, and professional reporting.

AREAS OF FITNESS & GYM INDUSTRY EXPERTISE

Gym & Fitness Facility Standard of Care | Member Safety & Injury Prevention Protocols | Training Supervision & Coaching Qualifications | Combat Sports (BJJ, Wrestling, MMA, Boxing) Injury Mechanisms | Youth Athlete Coaching & Safety | Strength & Conditioning Program Design | Exercise-Related Injury Causation | Equipment Selection, Setup & Maintenance | Waivers, Assumption of Risk & Facility Policies | Return-to-Training / Return-to-Play Determinations | Personal Training Industry Standards | Orthopaedic & Hand Surgery | Independent Medical Evaluations (IME) | Medical Record Review

FITNESS INDUSTRY & COACHING EXPERIENCE

Co-Owner, Team Doctor & Coach | Absolute Grappling Academy, Lake Forest, CA 2024 – *Present*

- Co-owner and operator of a combat sports academy offering jiu-jitsu, wrestling, and combat conditioning programs for youth and adult members.
- Coach youth jiu-jitsu and wrestling classes, including age-appropriate skill progressions, supervision ratios, and injury prevention practices for minor athletes.
- Lead adult strength and conditioning classes, including program design, exercise selection, load management, and technique supervision.
- Oversee facility safety standards, including mat hygiene and maintenance, equipment inspection, emergency response procedures, and coaching staff qualifications for 7 staff members.
- Participate in ownership-level decisions on coaching compensation, class scheduling, facility leasing, liability waivers, and member policies.
- Serve as team physician: on-site injury evaluation, triage, and return-to-training clearance for competitive grapplers and recreational members.

Co-Owner & Team Doctor | Orange County Regional Training Center (OCRTC), CA 2022 – *Present*

- Co-owner of a regional wrestling training center serving youth and elite-level athletes.
- Provide medical oversight for high-intensity training environments: injury evaluation, weight management guidance, skin infection surveillance, and return-to-play decisions.
- Advise on practice structure, athlete safety policies, and supervision standards for over 80 members and 6 staff members.

Co-Owner & Medical Director | Flos Health, CA 2025 – *Present*

- Medical director of a performance and wellness organization spanning hormonal health, metabolic health, musculoskeletal health, performance, recovery, and longevity services.

- Develop clinical and training protocols bridging medical care and fitness programming, including combat sports performance systems and structured conditioning programs.

Community Fitness Program Director | Maghrib Muscle 10-Week Program 2026

- Designed and directed a structured 10-week community strength and conditioning program, including progressive programming, participant assessment, and safety screening for 6-10 participants.

FITNESS & COACHING CERTIFICATIONS

- MMA Conditioning Specialist (MMACS) – National Academy of Sports Medicine (NASM), 2026
- Jiu jitsu brown belt

BOOKS & FITNESS PUBLICATIONS

- Khan JA. Orthopaedic Surgeon's Guide to MMA & Grappling Performance. Amazon KDP/2026
Comprehensive text on combat sports conditioning, injury prevention, and performance.
- Flos Combat Performance System training manual and 10-week fight camp programming workbook (proprietary training publications).

MEDICAL & SURGICAL EXPERIENCE

Hand & Upper Extremity Surgeon | Dr Jawad Khan PC, California 2026 – Present

- Private practice managing hand and upper extremity patients across private insurance, workers' compensation, and personal injury cases; Qualified Medical Evaluator (QME) and expert witness in medical-legal evaluations.

Hand Surgeon, Independent Contractor | Concentra, California 2024 – Present

- Specialty hand surgery consultation across multiple occupational medicine sites (Irvine, Anaheim, Santa Ana), including occupational injury evaluation and treatment recommendations.

Hand & Upper Extremity Surgeon | Orthowest / Coastline Orthopaedics, Fountain Valley, CA 2018 – 2026

- Sole hand and upper extremity surgeon in a multispecialty orthopaedic group; high-volume operative and non-operative practice for traumatic, degenerative, and work-related conditions — including extensive experience with training- and sports-related upper extremity injuries.

MEDICAL TRAINING & EDUCATION

Hand & Upper Extremity Surgery Fellowship | Baylor College of Medicine, Houston, TX 2017 – 2018

Orthopaedic Surgery Residency | Wayne State University School of Medicine, Taylor, MI 2012 – 2017

PGY-1, Surgical Preliminary | University of California San Francisco 2011 – 2012

MPH | University of California, Berkeley 2011 – 2015

MD | Wayne State University School of Medicine, Detroit, MI 2007 – 2011

BS, Psychology (Minor: Biology, w/ Distinction) | University of Michigan, Dearborn, MI 2002 – 2007

LICENSURE & BOARD CERTIFICATION

- Board Certified, American Board of Physician Specialties
- Qualified Medical Evaluator (QME), State of California
- Licensed in: California, Colorado, Washington, Florida (telehealth), New York, Utah, Oregon, Idaho, Oklahoma

Full academic CV, including research experience, peer-reviewed publications, and presentations, available upon request.