

Dr Tom G. Bendinger MD Ph.D. FRCA FFPMRCA EDRA
Consultant in Anaesthesia and Pain Medicine

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CURRICULUM VITAE

Name:	Dr Tom G. Bendinger	
Date of birth:	24 Nov 1981	
Nationality:	British	
Address:	Pain Expert Limited	
GMC status:	Registered with a licence to practice.	
GMC number:	6161560	
Education:	Medical University of Lodz, Poland	2000 - 2006
Qualifications:	Fellow of the Royal College of Anaesthetists	2013
	European Diploma in Regional Anaesthesia and Pain Medicine	2014
	Fellow of the Faculty of Pain Medicine	2015
NHS employment:	Sheffield Teaching Hospitals	2016 - ongoing
Private practice:	Claremont Hospital, Sheffield	2017 - ongoing
	Barlborough Treatment Centre	2016 - ongoing
Medicolegal practice:	Claremont Hospital, Sheffield	2018 - ongoing

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EXPERT'S DETAILS:

Professional qualifications: I qualified as a Medical Doctor at Medical University of Lodz, Poland in 2006. I have finished Ph.D. Thesis at the Medical University of Lodz in 2011. I became a fellow of the Royal College of Anaesthetists (FRCA) in 2013. I passed necessary examinations and became a fellow of the Faculty of Pain Medicine of the Royal College of Anaesthetists (FFPMRCA) in 2015. In 2014, I also achieved European Diploma in Regional Anaesthesia and Pain Medicine.

NHS Consultant appointments: I was appointed Consultant in Anaesthetics and Pain Management at Sheffield Teaching Hospitals in August 2016. From the beginning, my NHS practice was dedicated to mostly pain management. I am a lead for the research in Pain Medicine in Sheffield Teaching Hospitals. I am Honorary Lecturer at the University of Sheffield.

Private practice: I have been treating private patients with chronic pain since 2017. It is mostly in Claremont Private Hospital in Sheffield and Barlborough Treatment Centre. I also cooperate with Pioneer Healthcare Ltd where I support neurosurgeons during diagnostic process of lumbar and leg pain. I provide a pain service in community settings as a member of InHealth Pain Management Solutions.

Experience: Working in the tertiary multidisciplinary pain centre as well as in community settings allowed me to gain substantial experience in multimodal treatment methods of a variety of acute, chronic and cancer pain conditions. I have achieved a high level of competence in the assessment of complex patients and a proficiency in multiple management techniques including pharmacological therapy, interventional therapy, physiotherapy and psychological management, within structured pain management programmes. I review more than 1800 patients per year in my whole practice.

I am experienced in the management of a wide range of chronic pain conditions, including those resulting from personal injury, such as complex regional pain syndrome (CRPS), neuropathic pain, lumbar spinal pain & sciatica, thoracic spinal pain, cervical spinal pain & whiplash, shoulder and knee pain, pelvic pain, pain after surgery & trauma.

I have gained extensive experience in a variety of interventional techniques, including: epidural injections (interlaminar, transforaminal and caudal approach), intraarticular injections (facet joints and sacroiliac joints), pulsed and continuous radiofrequency ablation to a variety of nerves (medial branches, dorsal rami, suprascapular nerves). I have learned to support the diagnostic process with diagnostic procedures such as medial branch blocks and diagnostic sacro-iliac blocks. In particular, I specialise in radiofrequency ablation to medial branches of dorsal rami and genicular nerves to knee. I perform more than 1000 procedures per year.

Presentations: I have presented at regional and national meetings of the North of England Pain Medicine Group, the British Pain Society, and the World Institute of Pain.

Pain Expert Limited: I have become the member of Pain Expert Limited in July 2019.

Expert witness training: I have attended a number of courses including the Medico-Legal Essentials in September 2018, Clinical Negligence Medico-Legal in November 2018 and Advanced Medico-Legal and Court Room Skills in December 2018 organized by Specialist Info. In June 2019 I participated in Essential Skills for Pain Management Experts course organized by Excel Medicolegal Training Limited.

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Medicolegal report writing experience: I prepared evidence for the Court in matters of personal injury and medical negligence for 12 months.

Courtroom experience: I have not yet attended Court in the UK as the expert witness.

Membership of expert witness organisations: I am a member of the Expert Witness Institute.

Publications:

Psychological predictors of successful outcomes after interventional pain procedures for chronic lower back and radicular pain. T Bendinger, J Perfitt. Pain News, 2019 June, Vol17(2):103-108

Dorsal root ganglion stimulation vs. conventional spinal cord stimulation - efficacy and patient experience of two neurostimulation methods for the treatment of Complex Regional Pain Syndrome type II. T Bendinger, N Plunkett. Journal of Observational Pain Medicine, 2016, Volume 1, Number 5.

Psychological factors as outcome predictors for spinal cord stimulation. T Bendinger, N Plunkett, D Poole, D Turnbull. Neuromodulation, 2015 Aug;18(6):465-71

Measurement in Pain Medicine. T Bendinger, N Plunkett. British Journal of Anaesthesia Education, 2016; 16(9): 310-315

Pain Relief and Related Outcomes Following Interventional Therapy for Chronic Non-cancer Pain: A Service Evaluation. T Bendinger, S Gupta. Journal of Observational Pain Medicine – Volume 1, Number 4 (2014)

In-hospital daily insulin dose predicts long-term adverse outcome in patients with diabetes with ST elevation myocardial infarction treated with successful primary percutaneous angioplasty. T. Jeżewski, J.Z. Peruga, J.D. Kasprzak, T. Bendinger, M. Plewka, J. Drożdż, J. Drzewoski, M. Krzeminska-Pakula. Arch Med Sci. 2014 Oct 27;10(5):913-9:

Suprascapular nerve radiofrequency ablation for chronic shoulder pain - our experience in Sheffield Teaching Hospitals. M. Berwertz, P Mathers, N Plunkett, T Bendinger. Regional Anesthesia and Pain Medicine, September/October 2017 - Volume 42 - Issue 5S - p 1–200

Gabapentin, Pegabalin is there a real problem? M Berwertz, S Das, T Bendinger Regional Anesthesia and Pain Medicine, September/October 2017 - Volume 42 - Issue 5S - p 1–200

Can outcomes of interventional procedures be predicted using psychological assessments? Retrospective evaluation of chronic pain patients undergoing interventional procedure, using common psychological scales. T. Bendinger; M. Berwertz; N. Plunkett. Pain Practice. 16():138, May 2016

Psychological predictors of successful outcomes after interventional pain procedures. T. Bendinger; M. Berwertz; N. Plunkett. British Journal of Pain, 2016

Psychological factors as outcome predictors for spinal cord stimulation. T Bendinger, D Poole, N Plunkett. British Journal of Pain, 2015; 9(2), supplement 1.

Pain relief following interventional procedures for common chronic pain conditions - service evaluation. T Bendinger, S Pappalwar, S Gupta. British Journal of Pain. 2015, 9(4), 199

The impact of spinal cord stimulation (SCS) on psychological factors and relationship with pain relief - long term follow up. T. Bendinger, D Turbull, D Poole, N Plunkett. Regional Anaesthesia and Pain Management, 2014, Vol39, Number5, Sup 1

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Long term analgesic efficacy of spinal cord stimulation (SCS) - time response relationship. T. Bendinger, D Turbull, D Poole, N Plunkett. Regional Anaesthesia and Pain Management, 2014, Vol39, Number5, Sup 1

The impact of spinal cord stimulation on psychological factors and the relationship with pain relief. T. Bendinger, D. Turbull, D. Poole, N. Plunkett. Pain Practice 2014, May, Volume 14, Issue Supplement s1

Long term analgesic efficacy of spinal cord stimulation: a five year follow up. T. Bendinger, D. Turbull, D. Poole, N. Plunkett. Pain Practice 2014, May, Volume 14, Issue Supplement s1

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Expert's Details updated July 2019