

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

Nationality: British/Polish

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	2012
European Diploma in Regional Anaesthesia & 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

Medico-legal qualification: Cardiff University Bond Solon Expert Witness Certificate 2022

Medico-legal practice: Parkhead Consultancy Clinic, Sheffield 2018 - ongoing

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EXPERT'S DETAILS (continued):

Professional qualifications: I qualified as a Medical Doctor at the Medical University of Lodz, Poland, in 2006. I subsequently completed a Ph.D. thesis at the Medical University of Lodz in 2011 and became a Fellow of the Royal College of Anaesthetists (FRCA) in 2012. I passed the 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 the 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 mostly to 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. I have been a Clinical Lead for the Chronic Pain Service in Sheffield Teaching Hospitals since August 2021. Since May 2022 my clinical practice has been dedicated to Pain Medicine only.

Private practice: I have been treating private patients with chronic pain since 2017, mostly at Claremont Private Hospital, Sheffield, and Barlborough Hospital, Chesterfield. I also cooperate with Pioneer Healthcare Ltd, where I support neurosurgeons during the diagnostic process of lumbar and leg pain. I provide a pain service in community settings as a subcontractor to Connect Health Pain Management.

Experience: Working in the tertiary multidisciplinary pain centre as well as in community settings has 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 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 and sciatica, thoracic spinal pain, cervical spinal pain and whiplash, shoulder and knee pain, pelvic pain, pain after surgery and 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), and 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.

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.

Expert witness training: I have attended several courses including the Medicolegal Essentials in September 2018, Clinical Negligence Medicolegal in November 2018, and Advanced Medicolegal and Court Room Skills in December 2018, organised by Specialist Info. In June 2019, I participated in an Essential Skills for Pain Management Experts course organised by Excel Medicolegal Training Limited. I have also participated in a Bond Solon Excellence in Report Writing course in May 2021, a Bond Solon Courtroom course, and a Bond Solon Cross-examination course in March 2022, as well as a Bond Solon Law, and procedure Course in May 2022. I have been awarded the Cardiff University Bond Solon Expert Witness Certificate.

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EXPERT'S DETAILS (continued):

Medicolegal report writing experience: I have been preparing evidence for the Court in matters of personal injury and medical negligence since 2018.

Courtroom experience: I have attended Court in the UK as the expert witness.

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

Publications:

Should a Coexisting or Suspected Diagnosis of Fibromyalgia Affect the Decision to Perform Diagnostic Blocks for Patients with Chronic Noncancer Pain — Results from an Observational Research Study. T Bendinger, J Perfitt. *Pain Physician* 2021; 24:185-192

Alcohol ablation of the genicular nerves for knee pain secondary to osteoarthritis: case series, T Bendinger, J Perfitt. *Pain News* 2020; 18, 4: 195-198

Significance of ACR Fibromyalgia questionnaire in positive diagnosis and predictive value of ACR Fibromyalgia questionnaire in patient selection process for epidural injection for treatment of lumbar radicular pain: an observational prospective study. T Bendinger, J Perfitt. *Pain News* 2020; 18, 4: 200-2003

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

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EXPERT'S DETAILS (continued):

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

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

**Dr Tom Bendinger
Expert's Details updated March 2023**