



London **Pain** Clinic

www.londonpainclinic.com

Pain Medicine Services

Appointments and enquiries

The London Pain Clinic
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Website: www.londonpainclinic.com

Welcome to the London Pain Clinic.

**London's leading
Consultants for pain
assessment and
treatment.**

If you've been battling with pain for some time, you may be at a loss of what to do or where to turn. All too often patients with complex conditions are prescribed general medication and bed rest, only to find their problem persists, or worsens over time.

When pain persists, it's time to see a specialist.

At the London Pain Clinic, we're highly proficient in delivering personal, private care. We specialise in creating individually tailored treatment plans to beat pain as quickly as possible, and we offer a wide range of pain treatment services to fit your unique set of symptoms.

We understand that successful pain treatment begins with a thorough assessment and accurate diagnosis. All patients have an initial assessment including a full history and clinical examination. We are proud to work with the most advanced diagnostic tools including MRI scans, CT scans, X-Rays, Blood Tests and high resolution Ultrasound scans– in short, whatever it takes to get to the root of your symptoms. Once we have established the cause of your pain, we can offer a wide range of treatment interventions to tackle it.

Analgesic medications- analgesic and antineuropathic

Therapeutic epidurals

Facet joint injections

Facet joint radiofrequency denervation

Sacroiliac injections

Sacroiliac radiofrequency denervation

Nerve root injections

Nerve root pulsed radiofrequency

Pulsed radiofrequency technology

Botox (Botulinum Toxin A)

Quentenza (high concentration Capsaicin)

PENS- Peripheral Electrical Nerve Stimulation

Hyaluronic acid (Synvisc and Durolane)

Specialist pain physical therapists

Home exercise programmes

Clinical pain psychology

Multidisciplinary treatments

Advanced treatment such as spinal cord stimulation and implantable intrathecal pumps.

Our Consultants in Pain Medicine are renowned as the go-to doctors when pain is the barrier to rehabilitation. We guarantee that every patient is treated for their condition and never sent home with generalised recommendations. You can always ask as many questions as you need and will never be rushed out of the door.

Our Team



Dr Christopher Jenner
Pain Consultant
MB BS, FRCA, FFPMRCA

Dr Jenner is a qualified Consultant in Pain Medicine with experience in treating more than 90 pain conditions. He has undertaken extensive training in anaesthesia for a host of different problems, particularly musculoskeletal pain and neuropathic pain.

Dr Jenner earned his medical degree at London Hospital Medical College, qualifying in 1995. He has held a number of key posts throughout London specialising in pain management. For example he practiced as a Specialist Registrar (SpR) in Anaesthesia and Intensive Care and Senior House Officer (SHO) in Anaesthesia and Intensive Care at St Bartholomew's and The Royal London and Homerton Hospitals.

He became a Consultant in Anaesthesia and Pain Medicine in 2004, practicing at St Mary's Hospital, and in 2001 became a Fellow of the Royal College of Anaesthetists. In 2008 he gained certification as Fellow of Faculty of Pain Medicine at the Royal College of Anaesthetists. Dr Jenner has the expertise to treat even the most obscure of pain conditions.



Sasha Roberts
Practice Manager

Sasha's focus as Practice Manager is quality, service standards and performance and she strives to ensure the best possible experience for patients. Prior to taking over management of the practice in March 2013, Sasha previously worked for Dr Jenner in a medicolegal capacity.

Sasha has 15+ years' experience of managing resources including business support services within a Social Care and Health setting for four years. She is also nearing completion of an MSc degree in strategic business management.

Sasha loves the great outdoors, travelling far and wide, lifelong learning and is a committed practitioner of Iyengar and Ashtanga yoga. Janice Rose is Sasha's Assistant Practice Manager and Stephanie Winder is Practice Secretary, both of whom play instrumental parts in the running of the Clinic.

Spine Pain

Spinal disorders can cause significant distress and rob sufferers of a fulfilling life. What's worse, many patients are misdiagnosed, which only adds to a sense of frustration. At the London Pain Clinic we have treated countless patients living with unimaginable states of physical discomfort. It is our commitment to offer patients who have not yet found relief, a lasting solution.

Our vision is to deliver exacting diagnosis and expert treatment to get you back to a life free from the various conditions that are associated with Spine Pain, whether your symptoms are associated with Neck Pain, or Back Pain. If you have another type of Spine Pain, our expert pain doctors can help.



Neck Pain

In cases of ongoing Neck Pain, the only real solution is to see a specialist pain doctor. At the London Pain Clinic, our experts specialise in diagnosing the cause of your pain.

You can expect:

A full assessment by a consultant in pain medicine

A detailed medical history, focussing on your Neck Pain

A thorough examination of your head, neck and upper back

High resolution MRI scans and x-Rays performed by Experienced consultant radiologists

Our renowned Second Opinion Service.

We understand that every patient is unique and requires a different approach to their treatment. Doctors at the London Pain Clinic work closely with you to ensure all your symptoms are understood, and patients are encouraged to ask as many questions as they need. At the London Pain Clinic, we can provide you with:

A full explanation of your Neck Pain.

Personalised treatment plans.

Access to the latest anti-inflammatory and analgesic medications used in the treatment of Neck Pain.

Specialist physical therapy and rehabilitation.

Cervical facet joint blocks.

Cervical facet joint radiofrequency denervation (RF) treatment.

Cervical epidurals.

Paravertebral and trigger point Botulinum Toxin A (Botox) treatment.

Surgical consultation, where indicated.

Back Pain

Most causes of Back Pain are due to simple mechanical conditions, for example pain arising from the intervertebral discs, facet joints, muscles or other structures in the spine. However, there are other rare but serious conditions including disc herniation, vertebral fracture, infection and tumours.

We use advanced MRI scanning to fully investigate the cause of your Back Pain, which may reveal wear and tear changes in the structures of the spine. At the London Pain Clinic, we can provide you with:

A full explanation of your Back Pain

Individual treatment plans, whether your Back Pain is acute or chronic

Multidisciplinary care

The latest analgesic medications

Multimodal analgesia

Specialist orthopaedic therapy and rehabilitation to improve the physical functioning of your spine

The latest minimally invasive pain management procedures for Back Pain including epidural, facet joint and sacroiliac joint injections

Advanced procedures including facet joint and sacroiliac joint radiofrequency denervation

Surgical consultation, where indicated, for example where there is a disc prolapse.

Our Doctors can help, whether your symptoms are associated with:

Sciatica - leg pain caused by irritation, compression or inflammation of a part of the sciatic nerve; the largest nerve in the body. Pain is often first felt in the lower back and buttocks and radiates down the leg to the foot and ankle. In addition to your pain, you may experience numbness, weakness, pins and needles and tingling in the legs.

The main causes of sciatica include problems with the lower lumbar spine including disc prolapse and spinal stenosis. However, there are also a number of rarer forms of sciatica including Piriformis Syndrome and Ischiogluteal Bursitis

Facet Joint Pain - Facet joints are small joints on the back of the spine from the base of the skull to the sacrum. They allow movement of the spine while maintaining stability. Pain arising from a facet joint can be acute, for example following a lifting injury, or may be chronic, for example due to underlying wear and tear changes in the intervertebral discs.

Sacroiliitis - a severe, intense pain that originates from the large joints located at the base of the spine. It is due to inflammation of the sacroiliac joint and can be a difficult condition to diagnose as it is often mistaken for 'normal' lower back pain.

Failed Back Surgery Syndrome - If you have undergone surgery on your spine but are still suffering ongoing pain in your back, legs or both, you may have failed back surgery syndrome (FBSS). You may also have FBSS if you are experiencing stabbing pain in your legs or other forms of sharp pain. There are numerous factors that can contribute to the development of failed back surgery syndrome, including recurrent or residual disc herniation, post operative scar tissue and chronic inflammation of the facet and sacroiliac joints.

Piriformis Syndrome - caused by inflammation, irritation or compression of the sciatic nerve by the piriformis muscle, located in the middle of the buttock. You may be experiencing leg pain or sciatica including sharp, stabbing, burning pain in your legs, often in the absence of lower back pain. The pain starts deep in the buttock and radiates down the leg.

Our specialists understand the complex underlying causes for Spine Pain (Neck or Back), as well as the varying ways it can affect patients. The sooner the problem is accurately identified, the sooner your targeted treatment plan can begin.

Nerve Pain



Nerve Pain is linked to the sensory nervous system, and can be caused by a variety of underlying conditions - from local trauma to viral infections. When this vast communication network is damaged, Nerve Pain or Neuropathic Pain is often the result. Until the nerves are healed, patients will continue to suffer discomfort.

Head and Face Pain

It is common for people to suffer from occasional head pain, including headaches or face pain from a sinus infection. However, constant headaches, eye pain, facial pain or stiff neck and shoulder muscles may be a cause for concern, as they can be symptoms of an underlying condition.

Doctors at the London Pain Clinic use the latest medical advancements to ensure that the source of your Head and Face Pain is correctly identified. At the London Pain Clinic, you can expect:

A full explanation of your Head and Face Pain

An individual treatment plan

Access to the latest analgesic medications for the treatment of Head and Face Pain

A range of minimally invasive pain management procedures

Botulinum Toxin A (Botox) Treatment

Pulsed Radiofrequency (PRF) Treatment

Peripheral electrical nerve stimulation (PENS) treatment

Surgical options, if indicated.

Common causes of Head and Face Pain include:

Trigeminal Neuralgia (TGN) - one of the most severe forms of nerve or neuropathic pain. Even simple activities like brushing your teeth, chewing, shaving or eating can cause a severe electric shock-like pain that shoots through your face.

Migraines - migraines can cause unbearable pulsating pain in your head. They can also be associated with nausea and sensitivity to light and sound. At the London Pain Clinic you can be assured that your pain specialist will assess the characteristics of your migraines and their triggers.

Occipital Neuralgia - one of the most severe forms of nerve or neuropathic pain and unfortunately, is often misdiagnosed as migraine or another type of headache due to the similarity of symptoms. You may experience severe headaches, feeling a tight pulsating sensation over the head or severe stabbing and shooting pains over the top of the scalp.

Body Pain

Minor aches and pains are, for the most part, a normal experience. Everyone at some point will experience sore muscles or joints, but when your body pain becomes long lasting it may be a cause for concern. There are certain medical conditions and injuries that can cause body pain to manifest. The most common forms of body pain include Fibromyalgia and Post Herpetic Neuralgia.

At the London Pain Clinic you can expect:

An expert assessment with a consultant in pain medicine

A detailed medical history

A thorough physical examination

Relevant investigations including MRI scans and blood tests

Our renowned second opinion service.

Treatment.

Fibromyalgia

The widespread pain and fatigue that comes with having Fibromyalgia can leave otherwise healthy people unable to cope with their daily lives. At the London Pain Clinic we are familiar with the all over body pain, severe fatigue and sleep disturbance that is a part of Fibromyalgia, which may be secondary to an underlying condition, for example an underactive thyroid, head or neck pain. It takes on average 5 years for a patient to be properly diagnosed with Fibromyalgia.

We understand that every patient has a unique experience of pain. We can provide you with:

A full explanation of Fibromyalgia

Individual treatment plans

Multidisciplinary treatment

Access to the latest analgesic medications specifically used in the treatment of Fibromyalgia

Specialist physical therapy and rehabilitation aimed at improving your physical function and wellbeing

Cortisone injections to trigger points

Botulinum Toxin A (Botox) treatment to trigger points

Pulsed radiofrequency (PRF) treatment to trigger points

Self Help Techniques

Clinical pain psychology to improve your psychological wellbeing.

Post Herpetic Neuralgia

One of the most severe forms of Neuropathic Pain, Post Herpetic Neuralgia is the result of infection of the Herpes Zoster Virus. Sufferers experience relentless burning, and sharp or stabbing pain in the area where a rash had developed. We often treat patients who are partially treated, poorly treated or who have even been misdiagnosed.

Our expert pain doctors can offer you:

A full explanation of Post Herpetic Neuralgia

An individual treatment plan

The latest Antineuropathic (anti-nerve pain) Medication

Topical and oral antineuropathic medication

Multimodal Analgesic Medication

Opioid Analgesic Medication, where indicated

Peripheral Electrical Nerve Stimulation (PENS) treatment

Botulinum Toxin A (Botox) treatment

Quetenza (high concentration Capsaicin) treatment

Self Help Techniques and Desensitisation Exercises.

Post Herpetic Neuralgia should be treated as soon as symptoms appear. An expert diagnosis is the first place to start an effective treatment programme.

Groin Pain

The most common conditions to cause Groin Pain include problems emanating from the hip joint, Hernias and Nerve or Neuropathic Pain. This includes Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgias. There are also rare causes including Osteitis Pubis and Myositis Ossificans.

Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgia

The most severe forms of Nerve Pain, you may experience sharp, burning, stabbing, excruciating Groin Pain as a result of Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgia. These conditions are also associated with extreme hypersensitivity to the local skin, which may be painful to the touch.

At the London Pain Clinic you can expect:

A full explanation of Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgia

An individual treatment plan

Access to the latest Antineuropathic Medications

Topical and oral Antineuropathic Medications

Ilioinguinal nerve blocks and pulsed Radiofrequency treatment

Iliohypogastric nerve blocks and pulsed Radiofrequency (PRF) Treatment

Genitofemoral nerve blocks and pulsed Radiofrequency (PRF) Treatment

Peripheral Electrical Nerve Stimulation (PENS) Treatment

Quetenza (high concentration Capsaicin) Treatment

Self help techniques

Specialist physical therapy including desensitisation exercises.

Gynaecological Pain

If you are experiencing dull, burning, sharp or cramping pain associated with menstruation or sexual intercourse you may be suffering from Gynaecological Pain. Whether your pain is acute or chronic it is important to have it diagnosed and appropriately treated. Gynaecological Pain can be caused by a variety of underlying conditions including endometriosis, fibroids, adhesions, chronic bladder infection and infective causes. It can be difficult to pinpoint the exact cause of the pain.

Pelvic Pain

You may be suffering in particular from Pelvic Pain, experiencing dull, burning, sharp or cramping pain associated with urination, bowel movement or sexual intercourse.

We can offer you:

- A full explanation of your Pelvic Pain
- Individual treatment plan
- Multidisciplinary Treatment
- Access to the latest Analgesic Medications
- Multimodal Analgesia
- Hypogastric Plexus Blocks
- Hypogastric Plexus Pulsed Radiofrequency (PRF) treatment
- Ganglion of Impar Blocks
- Ganglion of Impar Pulsed Radiofrequency (PRF) treatment
- Pudendal Nerve Blocks
- Pudendal Nerve Pulsed Radiofrequency (PRF) treatment
- Specialist Pelvic Physical Therapy.

Vulvodynia

With this condition you may experience sharp, burning or electric shock-like pain, occurring around the vulva, labia or entrance to the vagina. There are a number of potential reversible causes for Vulvodynia including local skin conditions, STD's and early malignancy. Since every woman is affected differently, we treat patients on an individual basis. The underlying causes of Vulvodynia require different treatments, which is why it is so important to seek an expert diagnosis.

At the London Pain Clinic we can offer:

- A full explanation of Vulvodynia
- A personalised treatment plan
- Targeted therapy for Vulvodynia
- The latest Antineuropathic (anti-nerve pain) medication
- Oral and Topical Antineuropathic medication
- Multimodal Antineuropathic regimes
- Pudendal Nerve Blocks
- Pudendal Nerve Pulsed Radiofrequency (PRF) treatment
- Self Help techniques
- Desensitisation Exercises
- Specialist Pelvic Physical Therapy.

Musculoskeletal Pain

Any degree of musculoskeletal pain can cause a great deal of discomfort and have a profound effect on day to day living. The causes and presentation of musculoskeletal pain can vary widely, from overworked muscles and joints, wear and tear of joints, prolonged immobility or an underlying condition. Effective treatment should focus on the individual needs of the patient and not general advice.

At the London Pain Clinic, we have diagnostic expertise and employ the latest medical technology to treat your musculoskeletal pain. Once an accurate diagnosis is made, our specialist doctors will deliver a tailored combination of effective treatment interventions, whether your problem is Shoulder, Hip or Knee Pain.

Musculoskeletal Pain

Shoulder Pain

The shoulder joint is the most moveable joint in your body, but also the most unstable. Shoulder pain can be agonising with many possible underlying causes.

This can include rotator cuff tears, tendonitis, bursitis, frozen shoulder, arthritis and sprains.

Here at the London Pain Clinic we offer:

A full explanation of your shoulder pain

A personal treatment plan

Access to the latest analgesic medications for shoulder pain

Intra-articular steroid injections

Intra-articular Hyaluronic Acid injections

including Synvisc and Durolane

Local trigger point injections

Suprascapular nerve blocks

Suprascapular nerve pulsed radiofrequency (PRF) treatment

Botulinum Toxin A (Botox) treatment

Specialist shoulder physical therapy.

Hip Pain

Over time, the hip joint undergoes increasing wear and tear. There is a reduction in the volume of synovial fluid within the joint and the cartilaginous lining thins.

If left untreated, hip pain can progressively worsen, with leg muscles becoming weaker and mobility deteriorating. Hip pain can also be caused by inflammation of the tendons, ligaments and muscles around the hip joint itself.

Here at the London Pain Clinic, we offer:

A full explanation of your hip pain

An individual treatment plan

Multidisciplinary treatment

The latest analgesic medications for hip pain

Intra-articular injections with steroid

Intra-articular injections with Hyaluronic Acid including Synvisc and Durolane

Trochanteric bursa steroid injections

Trochanteric bursa treatment with autologous blood and platelet rich plasma

Obturator nerve blocks

Obturator nerve pulsed radiofrequency (PRF) treatment

Specialist orthopaedic therapy

Surgical consultation, if indicated.

Musculoskeletal Pain

Knee Pain

Over time, Knee Pain can lead to severe discomfort. Causes can include general wear and tear, thinning and irregularity of the cartilage lining the knee joint and a reduction in the volume of synovial fluid within the joint. Also inflammation of the soft tissue structures surrounding the joint including tendons, ligaments and muscles.

Here at the London Pain Clinic, we offer:

A full explanation of your knee pain

Personalised treatment plans

Multidisciplinary treatment and pain management

Access to the latest analgesic medication for knee pain

Intra-articular injection treatment with steroid

Intra-articular injection treatment with Hyaluronic Acid including Synvisc and Durolane

Specialist orthopaedic physical therapy

Surgical consultation, where indicated.

Doctors at the London Pain Clinic take a consultative approach to your care with effective, personally tailored treatment plans.

Medico Legal Services

Doctors at the London Pain Clinic take a consultative approach to your care with effective, personally tailored treatment plans.

Our services include:

Expert medico legal reports for claimants

Expert medico legal reports for defendants

Expert medico legal joint reports

Expert witness in court

Expert medico legal assessment and treatment packages.

The Consultants in Pain Medicine at the London Pain Clinic are regularly called upon to act as expert witnesses in medico legal disputes. They have presented numerous lectures on medico legal issues and have extensive training in this area. They have substantial experience in medico legal report writing – for example for patients suffering from whiplash injuries, lower back pain or other peripheral neuropathic pains. They can offer competitive treatment and assessment packages to clients within the medicolegal process. Committed to continuing professional excellence, they regularly attend lectures and maintains active membership of the main Medico Legal associations

For Medico legal enquiries please contact us at: info@medicolegal-associates.com



I have worked with Dr Jenner for the last 6 years. He has provided a number of medico legal reports for me during this period of time. I have always been most impressed with the service that I have received from him. Dr Jenner's reports are clear, comprehensive and detailed. The feedback that I have had from my clients who have attended consultations with him has always been very positive. The reports have been prepared promptly and the service that we receive is most efficient. I would have no hesitation in recommending Dr Jenner for medico legal work.

**David Black, partner at
Bower & Bailey Solicitors**



Case Management

For Case Management enquiries please contact us on: 0207 118 0250

London Pain Clinic has provided expert Pain Medicine services to Case Management clients since 2004. We have extensive experience in working with Case Managers and Case Management organisations, providing Pain Medicine solutions for numerous clients.

London Pain Clinic cares for many clients for whom pain is a barrier to rehabilitation. We offer a full assessment and treatment service. London Pain Clinic treat over 90 painful conditions including musculoskeletal pain, neuropathic (nerve) pain and complex pain, including lower back pain, whiplash injuries, complex regional pain syndrome, post-amputation pain and other peripheral neuropathic pains.

A number of our clients have co-morbidities including head injuries and mobility issues.

Multidisciplinary approach to the treatment of pain

Clients with pain are best treated using a multimodal, multidisciplinary approach, utilising a range of:

Analgesic Medication

Minimally invasive pain management procedures

Physiotherapy based rehabilitation

Clinical pain psychology

Advanced pain management procedures

Pain Free Window allowing Rehabilitation

Our treatment techniques offer a pain free window for clients, allowing them to become more active and engage fully in their physiotherapy based rehabilitation and return to work programmes.

Advanced Techniques

London Pain Clinic have access to advanced pain management procedures including spinal cord stimulators and implantable intrathecal pumps for patients with severe refractory pain.

Extensive experience with Case Management cases

London Pain Clinic have extensive experience working with Case Managers since 2004 providing:

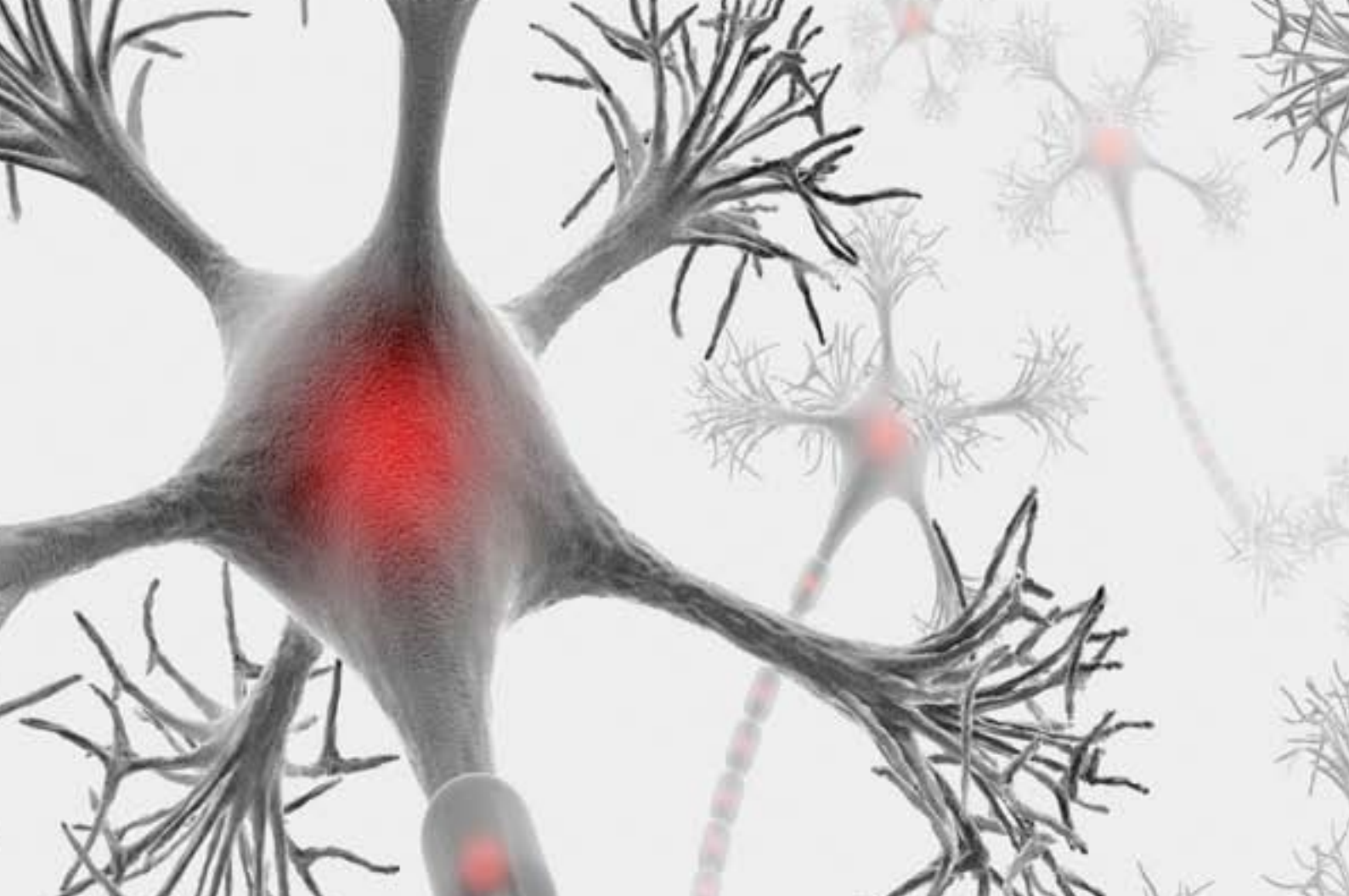
Case Management clinical assessments

Case Management treatment planning and treatment packages

Lectures and Presentations

London Pain Clinic present and lecture widely to Case Management professionals. We have run a number of lectures and interactive presentations for Case Managers, both at their premises and at external events.

For Case Management enquiries please contact us on: 0207 118 0250



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