



DR RAHUL GURU

PAIN MANAGEMENT CONSULTANT

MBBS, MD, FCARCSI, DPMCAI

GMC NO: 6096920

Cardiff and Vale University Health Board (2015 - Present)
Nuffield Health, Cardiff and Vale Hospitals (2016 - Present)
Spire Cardiff Hospital (2022 - Present)
Sapphire Medical Clinics, London (2021 - Present)



EXPERT INFORMATION

SPECIALIST AREAS:

- Chronic pain
- Amputation
- Cauda Equina Syndrome (CES)

CASES ACCEPTED:

Claimant age: 18+

- Clinical assessments
- Remote assessments
- Home visits
- Prison visits
- Criminal cases
- Screening reports
- Desktop reports
- Family cases

BILINGUAL:

- ✿ English
- ✿ Hindi

SCAN ME



EXPERT RATIO



*Annual report from 2024



VENUES:



- Chamberlain Clinic, Birmingham, B15 3HG
- Litfield House, Bristol, BS8 3LS
- Cyncoed Consulting Rooms, Cardiff, CF23 8SQ
- Fairford Therapy Centre, Fairford, GL7 4AQ
- The Body Clinic, Leominster, HR6 8EP
- Cherry Tree Therapy Centre, Oxfordshire, RG9 2AY
- Parkhouse Therapy Centre, Swansea, SA4 4NW

FURTHER INFO:

- Court experience
- Bond Solon trained
- Legal aid (LAA)*
- Personal Injury
- Clinical Negligence:
 - Causation
 - Liability
 - Breach of Duty
 - Condition & Prognosis

*Case-by-case

CONTACT

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CASES RELATING TO:

- Accident at work
- Road traffic accident (RTA)
 - Acceleration/deceleration injuries
 - Chronic neck or back pain
 - Nerve damage
- Whiplash associated disorders
- Crush injury
 - Upper and lower limb
- Sports injuries
- Complex regional pain syndrome (CRPS)
- Complex pain conditions
 - Nerve pain
 - Neuropathic pain
 - Nerve-root pain
 - Pain from limb injury
 - Amputation - related pain
- Complications following knee replacement surgery (Only after specialist reports have been obtained)
- Soft tissue injury (upper/lower limb/spine/buttocks)
- Radiation pain
- Pain relating to physical assault
 - Back
 - Neck
 - Headaches
- Cauda Equina Syndrome (CES)
- Pain related conditions
 - Pain following surgery
 - Pain relating to physical assault
 - Back pain
 - Failed back surgery
- Amputation related pain
 - Phantom limb pain
- Musculoskeletal pain
- Interventional pain treatment
- Myofascial pain
- TVT/TVT- O mesh related pain (Only after specialist reports have been obtained)
- Pelvic related pain
- Coccydynia
- Nociceptive pain
- Degenerative pain
- Nerve block injections
- Fibromyalgia
- Post surgical complications
 - Medical intervention leads to ongoing pain
 - Disability
 - Complications post surgery

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MEDICO LEGAL EXPERIENCE:

Dr Guru is a highly skilled and experienced Pain Management Consultant, specialising in medico-legal assessment of complex chronic pain cases. Since he began medico-legal reporting in 2023 he has been instructed by both Claimant and Defendants and he is regularly instructed in personal injury, clinical negligence and chronic pain cases, particularly where the cause and functional impact of ongoing pain require specialist analysis.

His expertise includes road traffic accidents, workplace and industrial injuries, sports injuries, crush injuries, neuropathic and radicular pain, musculoskeletal conditions, CRPS and amputation-related or phantom-limb pain. He has already prepared approx. 100 reports.

Dr Guru's practice is focused exclusively on personal injury cases, particularly those where chronic pain extends beyond the expected recovery period. His reports are detailed, clinically informed and tailored to meet the evidential needs of litigators.

He provides robust CPR Part 35 compliant report on causation, condition and prognosis, liability, causation and breach of duty. Dr Guru holds both Bond Solon Expert Witness training and specialist accreditation in Pain Medicine, ensuring that his work meets the highest standards of expert reporting.

CLINICAL EXPERIENCE:

Dr Guru is a Consultant in Pain Medicine & Anaesthetics, boasting a comprehensive medical background. After earning a medical degree in India, Dr Guru relocated to Ireland, where he completed anesthesiology training. He pursued fellowships in Pain Medicine in both Ireland and England and obtained excellent training in this sub-speciality.

Dr Guru has been awarded the Fellowship in Anaesthesia and the Diploma in Pain Medicine, awarded by the College of Anaesthetists of Ireland and its Faculty of Pain Medicine.

Dr Guru has assumed leadership roles and actively contributed to various research projects, with numerous articles published in peer reviewed medical journals. A commitment to staying at the forefront of the field is evident in regular attendance at conferences and workshops, ensuring currency with the latest advancements in pain medicine.

Teaching is a key aspect of Dr Guru's professional life, involving the education of pain medicine trainees and medical students, as well as participation as a faculty member on relevant courses. Furthermore, Dr Guru shoulders the responsibility of training junior doctors at the University Hospital of Wales.

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Within the NHS, Dr Guru serves as a Consultant in Pain Medicine and Anaesthetics at the University Hospital of Wales and University Hospital Llandough. His practice revolves around the treatment of diverse chronic pain conditions, with a distinct focus on spinal pain, neuropathic (nerve) pain, headache, migraine (including Botox for migraine) and cancer pain.

Dr Guru adheres to a holistic approach to patient management, consistently following the biopsychosocial model of pain care.

PUBLICATIONS:

- Sustained Pain Relief in Painful Diabetic Neuropathy (PDN) Achieved Through Targeted Spinal Cord Stimulation (SCS): A Retrospective Case Series. DOI:10.13140/RG.2.1.4779.4088; Sandeep Kapua, Hirachand Mutagi, Stefan Schu, **Rahul Guru**, Eidabe Sam, Eva Ieljevahl, Andres Wahlstedt, May 2015
- Lumbar plexus block in the management of chronic hip, thigh and knee pain: His expertise extends to producing meticulous reports covering causation, condition and prognosis, liability and causation, as well as breach of duty assessments; **Rahul Guru**, Dominic Hegarty; BJA: British Journal of Anaesthesia, Volume 113, Issue eLetters Supplement, 29 December 2014
- Complex regional pain syndrome (CRPS) - A brief review; <https://doi.org/10.1016/j.injr.2014.09.010>; Hirachand Mutagi, **Rahul Guru** and Sandeep Kapur, September 1, 2014
- Blockage of vertebroplasty needle by radio opaque bead labelled bone cement – A case report: Conference: British Pain Society Interventional Pain Medicine Annual Conference at Manchester; Balazs Bartos, **Rahul Guru**, K Vasappa, A Sinha, Hirachand Mutagi, Sandeep Kapur, October 2014
- Successful Symptom Management of Sunct Syndorome BY Cervical Medial Branch Radiofrenqency Neurotomy; Conference: British Pain society Interventional Pain Medicine Annual Conference at Manchester; Kumar Vasappa, **Rahul Guru**, Balazs Bartos, Sandkeep Kapur, October 2014
- Lumbar plexus block in the management of chronic hip, thigh and knee pain; BJA: British Journal of Anaesthesia, Volume 113, Issue eLetters Supplement, 29 December 2014, https://doi.org/10.1093/bja/el_11344; **Rahul Guru**, Dominic Hegarty
- Epidural abscess following facet joint injection; BJA British Journal of Anaesthesia 113 (eLetters Supplement) DOI:10.1093/bja/el_11342; **Rahul Guru**, Donal F Harney; BJA: British Journal of Anaesthesia, Volume 113, Issue eLetters Supplement, 29 December 2014, https://doi.org/10.1093/bja/el_11342
- Importance of transoesophageal echocardiography in preventing complications due to intraoperative dislodgement of left atrial thrombus; PMC PubMed Central; **Rahul Guru**; DOI: 10.4103/0019-5049.72655
- Maternal Satisfaction with Labour Analgesia; **Rahul Guru**; DOI:10.13140/2.1.2071.9684

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 **Medical & Legal
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