

How the Clinic Works

The Back Pain Service was first set up by Dr Monella in 2004 & serves the Surrey community.

On your first visit to this clinic you will be assessed by one of the team of practitioners. The Practitioner you see will have been selected as the most appropriate person based on the information sent to us by your referring GP. Investigations can be arranged before or after consultation with on-line access to imaging & blood tests

The team works closely together to assure you of the best, & most appropriate, treatment for your symptoms & may well discuss your case further together after your 20 minute consultation.

You will be advised of our recommended course of action at the end of the consultation & your comprehensive discharge plan will be advised to your GP.

We offer a holistic one stop service comprising physical, psychological, medical & surgical therapies in an integrated manner without the delays inherent in re-referral.

The Team

Dr S Chris Monella

BSc (Hons) MB BS MRCP, Diploma Orthopaedic Med, Diploma Med Acupuncture, Dip Occ Med, Post grad. Dip. Pain Management



Graduated in biochemistry at Warwick University & then read medicine at St Thomas' Hospital Medical School London. He subsequently trained as a GP & currently practices at Medwyn Surgery in Dorking.

Dr Monella designed this back service & has developed it into the current service where a multidisciplinary team, using modern technology, can see patients in the community. He is also a GP trainer, practices acupuncture & is a GPwSI (GP with Special Interest) in musculoskeletal medicine & pain management.

Mrs Anne Mitchener BSc PhD MBChir FRCS(SN) Consultant Neurosurgeon



Entered medical school after a BSc & PhD at London University. Graduated in medicine from Downing College Cambridge in 1986. Awarded fellowship of the Royal College of Surgeons in 1994 & in neurosurgery in 2001. Has practised as a Consultant Neurosurgeon since 2001 with 4 years in Norway, 2 years at Kings College Hospital & is currently practising locally at Ashted Hospital, Surrey & at the London Clinic. Her specialist interests include back pain & all spinal conditions, peripheral nerve syndromes as well as neuro-oncology.

Jark D Bosma MD FRCSEd FRCSEd (SN) Consultant Spinal Neurosurgeon



Completed his basic medical training at the State University of Ghent & obtained an MD in 1990. Postgraduate training was based in England, including a year of training in the West Midlands Centre for Spinal Injuries, followed by six months of training in neurology at the Walton Centre for Neurology & Neurosurgery in Liverpool. Awarded fellowship of the Royal College of Surgeons in 1995 & in neurosurgery in 2000. He worked briefly in Spinal Orthopaedic surgery in Zürich (Switzerland) in 2001. This comprehensive training has given him a wide experience in Orthopaedic & Neurosurgical Spinal Surgery.

Since 2002 he has worked as Consultant Spinal Neurosurgeon & Honorary Senior Lecturer in Neurosurgery at the Teaching Hospitals in Southampton & Sheffield. He is a European Reference Centre for cervical disc replacement & has a special interest in spinal problems in athletes.

Tiernan J D Byrnes MBChB, FRCSI (SN), MD Consultant Spinal Surgeon



Qualified from Edinburgh University in 1997 and trained at St Georges, Great Ormond Street and The National Hospital for Neurology and Neurosurgery. He was appointed Consultant at St Bart's and The Royal London Hospital where he was Lead Surgeon for Spinal Trauma, TB & Tumour. His special interests are nerve root compression and peripheral entrapment neuropathies.

Catherine Heathcote MCSP Extended Scope Practitioner



Qualified in 1988 from St Mary's Hospital then worked at St George's Hospital before gaining specialised experience at the Royal National Orthopaedic Hospital in Stanmore. In 1993 she moved to Australia & obtained post-graduate qualifications in musculoskeletal Physiotherapy. During this time she worked as a Specialist Physiotherapist, as a manager of a physiotherapy department & has also taught physiotherapists at degree & post graduate level. She returned to England in 2005 & initially managed the physiotherapy department at the Charing Cross & Hammersmith Hospitals. She joined Cranford Physical Therapy Centre in 2007 & the Medwyn Back Pain Team in 2008.

Medwyn Back Pain Clinic



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Dorking Healthcare LLP (Company No. OC313437) is registered with the Care Quality Commission
Registered office: The Surgery, Tanners Meadow, Brockham, Surrey RH3 7NJ

Karen Love MCSP SRP
Extended Scope Practitioner



Qualified from St Mary's Hospital in London as a physiotherapist in 1991 & spent several years working in the NHS in a variety of roles. In 1999 began to specialise in musculoskeletal disorders with a special interest in back pain rehabilitation & the Pilates approach. I continued to work within the musculoskeletal field including some medico-legal work & moved out of London in 2006. I have worked for Cranfold Physical Therapy as a Private Physiotherapist since then & have now joined the team here at The Medwyn Back Pain Clinic as an Extended Scope Practitioner, Acupuncturist & am a member of the Society of Orthopaedic Medicine.



Ajit Perera MSc

Is a Specialist in Cognitive Behaviour Therapy (CBT) with over 20 years experience working in the NHS and in Private Practice. We now know that validating pain can stimulate it whilst learning to experience pain can ease pain. Mindfulness based Cognitive therapy can help you understand the nature and quality of pain and learn strategies to manage pain better. Understanding the difference between physical pain and emotional pain is the key to learning how to manage it. Pain is a natural part of life, but suffering is only one possible response to pain and we can learn to suffer less.

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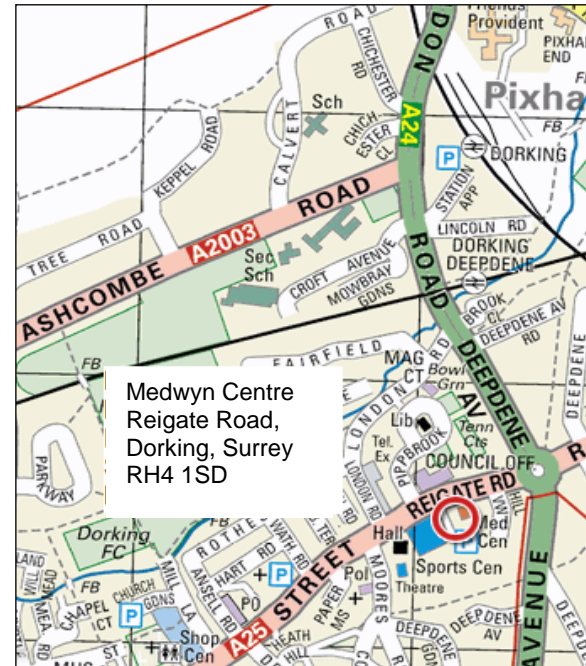
Alexander Bennett MBChB MRCP MSc MFSEM



Consultant Rheumatologist and Sports Medicine Physician at the Defence Medical Rehabilitation Centre, Headley Court and at Guys and St Thomas' Teaching Hospitals, London. He has a keen interest in research as well as clinical aspects of Rheumatology and Sports Medicine. He has published widely in Rheumatology, in particular in the fields of sero-negative spinal inflammatory arthritis, the treatment of rheumatoid

arthritis, and in Sports and Exercise Medicine. He has lectured on many occasions at national, European and American Rheumatology and Sports Medicine meetings. He completed his Masters degree in Sports and Exercise Medicine while in Melbourne, Australia and has just submitted his award winning PhD on the role of MRI in early diagnosis and prognosis of inflammatory spinal arthritis. His particular interests are inflammatory arthritis, back pain and sports and exercise medicine.

How to find us



Medwyn Centre
Reigate Road,
Dorking, Surrey
RH4 1SD

Take the A24 Leatherhead to Dorking. At Burford Bridge Roadabout take the 2nd exit onto London Road – A24 (signposted Dorking)

At next roundabout take the 2nd exit onto London Road – A24 (signposted Dorking)

Continue on A24 into Dorking

At Ashcombe traffic signals continue forward & pass Dorking Railway Station on your left.

At Deepdene roundabout (large silver cockerel statue) take the 3rd exit onto Reigate Road – A25 (signposted Dorking Town Centre) & Medwyn Centre is 2nd on your left.