

Dr Fahim Anwar

CV

PRINCIPAL PROFESSIONAL SPECIALISMS

MRCSEd, MRCPs, DOM, FRCP, FEBPRM

Consultant in Rehabilitation Medicine

QUALIFICATIONS & ACCREDITATION

- MBBS, MRCSEd, FRCP (Glasg), FEBPRM
- MRCS, Royal College of Surgeons
Edinburgh 2005
- MRCPs, Royal College of Physicians and
Surgeons of Glasgow 2007
- Post Graduate Certificate in Brain Injury
Rehabilitation, Queen Margaret
University Edinburgh 2010
- Fellowship European Board of Physical
and Rehabilitation Medicine 2011
- Diploma in Orthopaedic Medicine
2012
- FRCP, Royal College of Physicians and
Surgeons of Glasgow 2013

PAST & PRESENT POSITIONS

Consultant in Rehabilitation Medicine (Clinical Lead for Trauma Rehabilitation)

Cambridge University Hospitals NHS Foundation Trust,
Addenbrooke's Hospital Cambridge, 2012 - present

Visiting Consultant in Rehabilitation Medicine

Blackheath Brain Injury Rehabilitation Service, London

Locum Consultant in Pain Management

Greater Glasgow and Clyde Pain Service, August to December
2012

Post CCT Fellow in Chronic Pain Management

Greater Glasgow and Clyde Pain Services, August to 2011
August 2012

EXPERT WITNESS EXPERIENCE & TRAINING

Dr Fahim Anwar has been preparing medico-legal and clinical
negligence reports since 2014, with an average caseload of 12
to 24 reports per year. His instructions cover a broad range of
rehabilitation issues including brain injury, polytrauma,
musculoskeletal injuries, amputation, spinal cord injury, and
progressive neurological conditions. He has experience
preparing joint statements and has given evidence in court.

Dr Anwar completed formal expert witness training with Slater
and Gordon in 2013 and the Medico-Legal Expert Witness
Course in 2014. His work is balanced across claimant and
defendant cases, with an approximate 60:40 split.

MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

General Medical Council #6030940

British Society of Physical & Rehabilitation Medicine

Dr Fahim Anwar

BOOK CHAPTERS

- Mee H, Li LM, Anwar F. (2021). Rehabilitation After Traumatic Brain Injury. In: Honeybul, S., Koliass, A.G. (eds) Traumatic Brain Injury. Springer, Cham. https://doi.org/10.1007/978-3-030-78075-3_14
- Anwar F, Mee H, Allanson J. (2018). Neuro-Rehabilitation. In: Gupta and Gleb's Essentials of Neuroanesthesia and Neurointensive Care. Cambridge University Press, Chapter 53, pp. 380–386. <https://books.google.co.uk/books?hl=en&lr=&id=e7laDwAAQBAJ&oi=fnd&pg=PA380>
- Anwar F, Wail A, Tajsic T, Damiano G, Mee H. (2019). Oxford Textbook of Neurological Surgery. Chapter 70, Spinal Cord Injury Rehabilitation. <https://global.oup.com/academic/product/oxford-textbook-of-neurological-surgery-9780198746706?cc=gb&lang=en#>

PUBLISHED GUIDELINES

- Contributed to the Royal College of Physicians London Guidelines: The Diagnosis of Fibromyalgia Syndrome, published 17 March 2022. <https://www.rcplondon.ac.uk/guidelines-policy/diagnosis-fibromyalgia-syndrome>
- Contributed to the East of England Head Injury Service Guidance for Trauma Unit Inpatient Management of Adult Traumatic Brain Injury, June 2022.
- Contributed to Specialist Rehabilitation in the Trauma Pathway: BSPRM Core Standards, November 2018. <https://www.bsrm.org.uk/downloads/bsrm-core-standards-for-major-trauma-19.11.2018-clean-for-web.pdf>

PEER REVIEWED ORIGINAL ARTICLES

- Li MK, Guru S, Anwar F et. al. A service evaluation of inpatient perioperative rehabilitation provision in degenerative cervical myelopathy. Journal of Clinical Neuroscience 2025. <https://doi.org/10.1016/j.jocn.2025.111518>
- Anwar F. Editorial: Rehabilitation Interventions for mild traumatic brain injury. Front. Neurol 2025;16:1637653. DOI: <https://doi.org/10.3389/fneur.2025.1637653>
- Mee H, Korhonen TK, Anwar F et. al. A core outcome set for cranioplasty following stroke or traumatic brain injury—The COAST study. Brain and Spine 2025; DOI: 10.1016/j.bas.2025.104288
- Selbi M, Zampolini M, Barotsis N, Oral A, Stucki G, Anwar F, et al. The standards and tools for the European Union of Medical Specialist Physical and Rehabilitation Medicine Section and Board for rehabilitation management and care: evidence based for rehabilitation practitioners. European Journal of Physical and Rehabilitation Medicine 2024; Jul 20: DOI: 10.23736/S1973-9087.24.08653-2
- Kendrick D, Lindley R, Blackburn L, Anwar F et al. Early vocational rehabilitation and psychological support for trauma patients to improve return to work (the ROWTATE trial): study protocol for an individually randomised controlled multicentre pragmatic trial. Trials 2024; 25:439. <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-024-08183-w>
- Razaq S, Anwar F. Response to Referral Profile of Developmental Disabilities at a Tertiary Care Hospital in a Resource-limited Country. JCPSP 2024;34(02):251-252.
- Green H, Seiler L, Anwar F. Everything in its right place: a case report of reduplicative paramnesia with therapeutic and theoretical considerations. Cognitive Neuropsychiatry 2024. <https://doi.org/10.1080/13546805.2024.2313463>
- Rathore FA, Anwar F, Younas U. Multidisciplinary Team Working in Rehabilitation Medicine: Advantages and Challenges. JPMA 2024; 74(2):409–12. https://ojs.jpma.org.pk/index.php/public_html/article/view/352
- Ceravolo MG, Anwar F, Andrenelli E, Udensi C, Qureshi J, Sivan M, Kiekens C, Zampolini C. Evidence-based position paper on physical and rehabilitation medicine professional practice for persons with COVID-19, including post COVID-19 condition: the European PRM position (UEMS PRM). European Journal of Physical and Rehabilitation Medicine 2023 December; 59(6):789–99. <https://www.doi.org/10.23736/S1973-9087.23.08315-6>
- Yang X, Davies BM, Coles JP, Anwar F, Hutchinson PJA et al. The incidence and impact of 'Tandem Neurotrauma'. Brain and Spine 2023. <https://doi.org/10.1016/j.bas.2023.102702>
- Chabros J, Timofeev I, Anwar F et al. Cycling-related cranio-spinal injuries admitted to a Major Trauma Centre in the cycling capital of the UK. British Journal of Neurosurgery 2023. DOI: <https://doi.org/10.1080/02688697.2023.2255280>
- Buh FC, Hutchinson PJA, Anwar F. Early neuro-rehabilitation in traumatic brain injury: the need for an African perspective. BMC Medicine 2023; 21:290. <https://doi.org/10.1186/s12916-023-03009-z>
- Mee H, Castano-Leon A, Anwar F et al. Towards a core outcome set for cranioplasty following traumatic brain injury and stroke—A systematic review of reported outcomes. Brain and Spine 2023. <https://doi.org/10.1016/j.bas.2023.101735>
- Mee H, Castano-Leon A, Timofeev I, Anwar F et al. Standardising Cranioplasty Outcomes Following Stroke or Traumatic Brain Injury: Protocol for the Development of a Core Outcome Set. JIRM Res Protoc 2023; 12:e37442. DOI: <https://doi.org/10.2196/37442>
- Razaq S, Anwar F, Wali W. Impairment-Based Multidisciplinary Rehabilitation Management in Multiple Sclerosis in Pakistan. PJNS 2022; 17(4):59–61. <https://doi.org/10.56310/pjns.v17i04.221>
- Razaq S, Geffner J, Khan A, Mee H, Udenis C, Anwar F. Posttraumatic bilateral thigh Morel-Lavallée lesions without an underlying bone fracture: a case report. Journal of the Korean Society of Traumatology 2022; DOI: <https://doi.org/10.20408/jti.2022.0060>

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- Tsyben A, Guilfoyle MR, Laing RJC, Timofeev I, Anwar F et al. Comparison of health-related quality of life in patients with traumatic brain injury, subarachnoid haemorrhage and cervical spine disease. *British Journal of Neurosurgery*. DOI: <https://doi.org/10.1080/02688697.2022.2152777>
- Anwar F, Razaq S, Yasmeen R, Rathore FA. Interdisciplinary inpatient rehabilitation of acquired brain injury – Part II – a proposed model of care for Pakistan. *JPMA* 2022; <https://jpma.org.pk/PdfDownload/11715>
- Anwar F, Razaq S, Yasmeen R, Rathore FA. Interdisciplinary inpatient rehabilitation of acquired brain injury – Part I: impairment-based assessment and rehabilitation. *JPMA* 2022; <https://jpma.org.pk/PdfDownload/11656>
- Arshad Z, Majeed M, Tahir A, Anwar F, Rawal J, Hull P, Carothers A, Chou DTS. Cycling-related Trauma Admissions to the Major Trauma Centre in the Cycling Capital of the United Kingdom. *Injury* 2022. doi: <https://doi.org/10.1016/j.injury.2022.09.016>
- Hassan AH, Gharooni AA, Mee H, Geffner J, Anwar F. Sports injuries: a 5-year review of admissions at the major trauma centre in the United Kingdom. *Journal of Trauma and Injury* 2022; <https://doi.org/10.20408/jti.2021.0084>
- Mee H, Anwar F, Timofeev I, Owens N, Grieve K, Whiting G, Alexander K, Kendrick K, Helmy A, Hutchinson P, Kolias A. Cranioplasty: A Multidisciplinary Approach. *Front. Surg.* 2022;9:864385. doi: 10.3389/fsurg.2022.864385
- Mee H, Clement C, Anwar F et al. Exploring the experiences and challenges for patients undergoing cranioplasty: A mixed-method study Protocol. *BMJ Open* 2022; 12(4): e048072. <https://bmjopen.bmj.com/content/12/4/e048072.long>
- Gharooni AA, Anwar F, Ramdeep R. Severe equestrian injuries: A seven-year review of admissions to a UK major trauma centre. *Trauma* 2021; <https://doi.org/10.1177%2F14604086211041271>
- Mee H, Greasley S, Whiting G, Anwar F et al. 3D printed customised external cranial plate in a patient with syndrome of trephined: a case report. *3D Printing in Medicine* 2021; 7,35. <https://doi.org/10.1186/s41205-021-00123-7>
- Jamil O, Shdefat SA, Arshad Z, Anwar F et al. Cycling-related orthopaedic fractures admitted to the Major Trauma Centre in the cycling capital of the UK. *Archives of Orthopaedic and Trauma Surgery* 2021. <https://doi.org/10.1007/s00402-021-04097-3>
- Gharooni AA, Khan M, Yang X, Anwar F, Davies B, Kotter M. Therapeutic repetitive Transcranial Magnetic Stimulation (rTMS) for neurological dysfunction in Degenerative cervical Myelopathy: An unexplored opportunity? Findings from a systematic review. *Journal of Clinical Neuroscience* 2021;60:76–81. <https://doi.org/10.1016/j.jocn.2021.05.029>

- Newcombe VF, Spindler LRB, Das T et al. Neuroanatomical substrates of generalised brain dysfunction in COVID-19. *Intensive Care Medicine* 2021;47(1):116–118. <https://link.springer.com/article/10.1007/s00134-020-06241-w>
- Razaq S, Anwar F, Aleem MA. Obturator Nerve Block with Aqueous Phenol Reduces Hip Adductor Spasticity—A single centre experience. *PJNS* 2020;15(4):30–35. <https://ecommons.aku.edu/pjns/vol15/iss4/7/>
- Khan DZ, Placek MM, Smielewski P, Budohoski KP, Anwar F, Hutchinson PJA, Bance M, Czosnyka M, Helmy A. Robotic Semi-Automated Transcranial Doppler Assessment of Cerebrovascular Autoregulation in Post-Concussion Syndrome; Methodological Considerations. *Neurotrauma Reports* 2020.
- Needham E, Newcombe V, Mitchell A, Thornton R, Grainger A, Anwar F et al. Mononeuritis multiplex: an unexpectedly common feature of severe COVID-19. DOI: [x](#)
- Anwar F, Mee H, Allanson J, Mendis E, Hamilton C. Pattern of injuries and management of adolescent trauma in a combined adult and paediatric major trauma centre in United Kingdom. *Trauma* 2020; [x](#)
- Anwar F, Allanson J, McGiloway E, Mee H. Preparing for the Storm: Impact of COVID-19 on rehabilitation services. *ACNR* 2020; [x](#)
- Morgante F, Bavikatte G, Anwar F, Mohamed B. The burden of sialorrhoea in chronic neurological conditions: current treatment options and the role of incobotulinumtoxin A. *Ther A Neurol Disord* 2019;12:1–21.
- Anwar F, Antiga S, Mee H, Alkhayer A. Management of Spasticity with Intrathecal Phenol Injections: The Past and the Present. *J Int Soc Phys Rehabil Med.* [x](#)
- Bjornson A, Tajsic T, Kolias AG et al. A case series of early and late cranioplasty —comparison of surgical outcomes. *Acta Neurochir* 2019. [x](#)
- Anwar F, Mee H, Ramanathan S. Phenol Nerve Block for Ankle Plantar Flexor and Invertor Spasticity in Upper Motor Neuron Lesions: A Case Series. *J Int Soc Phys Rehabil Med* 2018;1:55–60. DOI: 10.4103/ijprm.ijprm_2_18
- Mee H, Kolias AG, Chari A et al. Pharmacological Management of Posttraumatic Seizures in adults: current practice patterns in the UK and the Republic of Ireland. *Acta Neurochir* 2018. [x](#)
- Anastasia T, Guilfoyle M, Timofeev I, Anwar F et al. Spectrum of outcomes following traumatic brain injury—relationship between functional impairment and health-related quality of life. *Acta Neurochir* 2018;160(1):107–115.
- Anwar F, Ramanathan S. Combined Botulinum Toxin Injections and Phenol Nerve/Motor Point Blocks to Manage Multifocal Spasticity in Adults. *BJMP* 2017;10(1):a1002.
- Anwar F, Ramanathan S, Alkhayer A. Complications of Peripheral Phenol and Motor Point Blocks in the Management of Spasticity. *IJTRR* 2017;6(2):111–115.
- Anwar F, Al-Khayer A. Perception of Prosthetic Limb among Lower Limb Amputees. *IJTRR* 2016;5(4):175–179.
- Anwar F, Al-Khayer A. Rehabilitation Medicine Assessment of Nursing Home Residents. *IJTRR* 2016;5(4):70–76.
- Antiga S, Adajay KA, Anwar F, Vergara P. Against the odds: extraordinary recovery from complete cauda equina syndrome following L3 fracture. *Spinal Cord Series and Cases* 2016; doi:10.1038/scsandc.2016.27.
- Anwar F, Adajay KA, Al Khayer A. Long-term outcomes in patients with Guillain-Barré Syndrome following inpatient rehabilitation. *IJTRR* 2015;4(4):86–94.
- Al Khayer A, Anwar F, Weir AM. Do Patients with Cancer Benefit From Rehabilitation Medicine Services? *IJTRR* 2015;4(4):73–76.
- Service E, Anwar F. Nutritional management in critically ill trauma patients is challenging. *Trauma* 2015;18(3):231–236.
- Anwar F, Al Khayer A. Venous Thrombo-embolism Prophylaxis: Survey of the Rehabilitation Medicine Departments in the United Kingdom. *Indian Journal of Physical Medicine and Rehabilitation* 2014;25(3):66–71.
- Anwar F, Al-Khayer A. Bone marrow oedema—an unusual cause of ankle pain. *Journal of Musculoskeletal Pain* 2014; DOI: 10.3109/10582452.2014.883018.
- Anwar F. Phantom Limb Pain: Review of Literature. *Khyber Med Univ J* 2013;5(4):207–212.
- Anwar F, Fahim S. Fibromyalgia: A Complex Pain Problem. *Khyber Med Univ J* 2013;5(1):40–44.
- Anwar F, Shah K, McLean I. Volume-outcome relationship in revision hip replacement—Results from a low volume hospital. *Journal of Orthopaedics* 2013.

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PEER REVIEWED ORIGINAL ARTICLES

- Anwar F, Al-Khayer A, El-Mahrouki H, Purcell M. Gastrointestinal bleeding in spinal injuries patient: Is prophylaxis essential? BJMP 2013;6(1):a607.
- Anwar F, McLaughlin D, Panesar BP. Bilateral Brachial Plexus Injury. JCPSP 2012;22(3):176–178.
- Anwar F. Multiple trauma associated with spinal injuries. Rawal Medical Journal 2011;36:18–21.
- Anwar F, Al-Khayer A, Joseph G, Fraser MH, Jigajinni G, Allan BD. Delayed presentation and diagnosis of cervical spine injuries in longstanding ankylosing spondylitis. European Spine Journal 2011;20:403–407.
- Anwar F. Morton's Neuroma—Outcome of surgical excision. J Orthopaedics 2010;7(3):e8.
- Anwar F, Al-Khayer A, Weir AM. Paraplegia in a patient on warfarin treatment. JPMA 2010;65(5):391–393.
- Butt KZ, Anwar F, Rizwan M. Snake Bite: Experience in a Field Hospital. Professional Medical Journal 2010;17(2):263–268.
- Anwar F, Shoaib RF. Critical Incident Identification in Common Orthopaedic Injury. JPMA 2009;59(2):71–74.
- Anwar A, Al-Khayer A, Fraser M, Allan DB. Concomitant cervical and thoracic spinal fractures in ankylosing spondylitis: A case report and review of literature. Injury Extra 2009;40(11):242–245.
- Shoaib RF, Anwar F, Nyaw B. Bilateral Tension Pneumothorax Following Coronary Artery Bypass Grafting. JCPSP 2009;19(7):444–446.
- Inaparthi PK, Anwar F, Botchu R, Jahnich H. Compression of the deep branch of the ulnar nerve by a ganglion: two cases. Arch Orthop Trauma Surg 2008;128:641–643.
- Shoaib RF, Anwar F, Barron D. Foreign body in urinary bladder—early CT cystogram is investigation of choice. J Pak Med Assoc 2008;58(5):277–278.
- Anwar F, Panesar BS. How good are we in setting and reviewing patients' rehabilitation goals? Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine (Brugge, Belgium, 2008). Turin: Edizioni Minerva Medica, 158–159.
- Anwar F, Gaheer RS, Fopma E. Bilateral Hip Septic Arthritis. J Orthopaedics 2007;4(2):e14.
- Havlas V, Gaheer RS, Anwar F. Simultaneous bilateral avulsion fracture of the anterior superior iliac spine in a young athlete. Injury Extra 2007;38(10):352–355.
- Kotnis R, Pasapula C, Anwar F. The management of failed ankle replacement. JBJS Br 2006;88-B(8):1039–1047.
- Hameed A, Akhtar S, Anwar F. The distally based superficial sural artery flap for coverage of calcaneal defects. Proceedings Sheikh Zayed Postgrad Med Inst 2004;18(1):7–14.
- Chaudary MR, Attique M, Anwar F. Renal Angiomyolipoma. Pakistan Armed Forces Medical Journal 2001;51(2):195–196.

- Chaudary AK, Azam M, Anwar F. Dietary Fibre: Its role in causation and prevention of disease. Pakistan Armed Forces Medical Journal 2003;53(1):71–73.
- Chaudary AK, Anwar F. Debated aspects of Pilonidal Disease. Journal of Surgery Pakistan Institute of Medical Sciences 2002;25(2):73–76.
- Chaudary AK, Azam M, Anwar F. Meig's Syndrome. JCPSP 2002;12(4):255–256.
- Chaudary AK, Azam M, Anwar F. Sacrococcygeal Chordoma. Pakistan Armed Forces Medical Journal 2002;52(1):103–104.
- Chaudary AK, Anwar F. Right Sided Congenital Diaphragmatic Hernia. Journal of Surgery Pakistan Institute of Medical Sciences 2001;23–24:53–54.