

# DR TERENCE LIM

## PAIN MEDICINE PHYSICIAN

MBBS, FACRM, FAFRM, RACP

### QUALIFICATIONS

**Fellow of the Faculty of Pain Medicine**, Australia and New Zealand College of Anaesthetists (2003)

**Fellow of the Australasian Faculty of Rehabilitation Medicine**, Royal Australasian College of Physicians (FAFRM/RACP) (1993)

**Fellow of the Australasian College of Rehabilitation Medicine (FACRM)**, (1990)

**MBBS** Monash University, Melbourne, Victoria (1981)

**Qualification** Institution, Location (Year)

### ACCREDITATIONS

VIC WorkSafe

### SUB-SPECIALTIES

### CURRENT POSITIONS

**Consultant in Rehabilitation and Pain Medicine** (2012-Current)  
Brunswick Private Hospital

**Consultant in Rehabilitation** (July 1995 – Current)  
North Eastern Rehabilitation Centre, Ivanhoe

**Consultant in Rehabilitation** (July 1995 – Current)  
Private Practise, Ivanhoe

### PROFESSIONAL EXPERIENCE

**Consultant in Rehabilitation** (July 1995 – December 2011)  
Cabrini Medical Centre/Cabrini Hopetoun Rehabilitation Hospital, Location

**Visiting Professor** (June 1994)  
Santa Clara Valley Medical Centre, California, USA

**Honorary Assistant Specialist** (January 1994 – January 2000)  
Reproductive Biology Unit, Royal Women's Hospital, Carlton

**Member of the Executive Victoria Branch** (1993 – 1995)  
Australasian Faculty of Rehabilitation Medicine

**Co-founding Specialist** (July 1992 – July 1995)

Pain Management Clinic Austin & Repatriation Medical Centre, Heidelberg

**Consultant** (January 1990 – January 2000)

Victoria Spinal Cord Service Austin & Repatriation Medical Centre, Heidelberg

**Sessional Medical Officer** (February 1989 – December 1989)

Spinal Injuries Unit Austin Hospital, Heidelberg

**Rehabilitation Medicine Specialist** (February 1989 – January 1990)

Fairfield House Vocational Rehabilitation Services, Fairfield

**Sessional Specialist in Multi-trauma and Orthopaedic Rehabilitation** (February 1989 – January 1990)

Orthopaedic Rehabilitation, Bethesda Hospital Richmond

**Locum Sessional Specialist in Brain Injury and Neurological Rehabilitation**  
(January 1989 – June 1990)

Neurological Rehabilitation Austin Hospital Royal Talbot Rehabilitation Centre, Kew

**Registrar** (February 1985 – January 1989)

Rehabilitation Medicine Training Programme

**Neonatal Registrar** (February 1984 – January 1985)

Mercy Maternity Hospital, East Melbourne

**Resident Medical Officer** (February 1982 – January 1984)

Family Medicine Programme

**Intern**

Maroondah Hospital, Croydon (January 1981 – January 1982)

## **BIOGRAPHY**

Dr Terence Lim is a consultant in rehabilitation and pain medicine holding fellowships in both rehabilitation medicine and pain medicine. He is working full-time in private practice where his professional focus and dedication is to clinical management. More recently, he has “dipped his toe” into working at Medilaw.

His background is in the management of complex cases, initially in the management of spinal cord injury since 1990 and since 1992, in managing both chronic pain and complex disability e.g. chronic pain in the setting of spinal cord injury/traumatic brain injury/stroke. As well, he has developed a dedicated post-

spine surgery rehabilitation program that neatly dove-tails into his pain work over the past 26 years.

He co-founded his first multidisciplinary pain clinic about 30 years ago in a public sector hospital, based on the rehabilitation medicine model of individualised programs i.e. pain rehabilitation of self-help knowledge and skills acquisition where each patient has their own integrated multidisciplinary team, unlike the current “gold standard” practice of group-based pain management programs. He started developing chronic pain rehabilitation in the private sector about 26 years ago and continues to date covering both inpatient, outpatient and hybrid programs.

In his current practice, he works within an integrated, multidisciplinary pain rehabilitation team of dedicated pain physiotherapist/occupational therapists/exercise physiologists/psychologists and pain psychiatrists to address the medical/physical/psychosocial co-contributing factors to chronic pain including addressing the potential for future vocation.

#### **LOCATION**

Melbourne

#### **PUBLICATIONS**

1. New PW, Lim TC, Hill ST, Brown DJ

A survey of pain during rehabilitation after acute spinal cord injury  
Spinal Cord (1997) 35, 658-663

2. To TP, Lim TC, Hill ST, Frauman AG, Cooper N, Kirsas SW and Brown DJ

Gabapentin for neuropathic pain following spinal cord injury  
Spinal Cord (2002) 40, 282-285.

3. Poster:

'A Fresh Approach to Pain Management'

A Combined Meeting

Australian Pain Society 24th ASM

New Zealand Pain Society 29th ASM

Christchurch Convention Centre, Christchurch, New Zealand, 9 - 13 March 2003.

4. This poster has also been accepted for presentation, with updated data at the 11th Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine, 23-26 May 2003 at the Hotel Grand Chancellor in Hobart, Tasmania.

These posters are part of an ongoing study in the application of Rehabilitation Medicine principles in the management of patients suffering chronic pain in the setting of a private rehabilitation hospital.

#### **Other Publications**

1. Lim TC, Fleming JA, Brown DJ, Doolan LA, Duncan YK  
Computerised Tomography (CT)-Guided Neurolytic Psoas Muscle Block: An Improved Technique for Treating Refractory Hip Flexor Spasticity  
International Monitor on Regional Anaesthesia, Free Papers, 1993, Medicom Europe
2. Lim TC, Mallidis C, Hill ST, Skinner DJ, Carter PD, Brown DJ, Baker HWG  
A Simple Technique to Prevent Retrograde Ejaculation During Assisted Ejaculation  
Paraplegia 32 (1994) 142-149
3. Mallidis C, Lim TC, Hill ST, Skinner DJ, Brown DJ, Johnston IW, Baker HWG  
Collection of Semen From Men in Acute Phase of Spinal Cord Injury.  
Lancet 1994;343:1072-73
4. Komersova K, Rogerson JW, Conway EL, Lim TC, Brown DJ, Krum H

The Effect of Levromakalim (BRL 38227) on Bladder Function in Patients With High Spinal Cord Lesions

Br. J. Clin. Pharmac 1995;38:207-209

5. Watkins W, Lim TC, Bourne H, Baker HWG, Wuttiaphan B  
Testicular aspiration of sperm for intracytoplasmic sperm injection: an alternative treatment to electroemission: case report  
Spinal Cord (1996) 34, 696-698

6. Mallidis C, Lim TC, Hill ST, Skinner DJ, Brown DJ, Johnston IW, Baker HWG  
Necropermia and Chronic Spinal Cord Injury.  
Fertility and Sterility (August 2000) 74, No. 2, 221-227

7. Heart rate variability alterations in late life depression: A meta-analysis.  
Brown L, Karmakar C, Gray R, Jindal R, Lim T, Bryant C  
J Affect Disord. 2018 Aug 1;235:456-466. doi: 10.1016/j.jad.2018.04.071. Epub 2018 Apr 10

## **PRESENTATIONS**

1. A Safe Technique For The Treatment Of Refractory Spasticity By CT Psoas Muscle Block.

31st IMSOP Conference – 10 September 1992

Sitges, Barcelona, Spain

2. Semen Characteristics Of Men With Chronic SCI Are Reminiscent Of Epididymal Necropermia

IMSOP -Australasian Regional Scientific Meeting – 12th-13th May 1994

Melbourne, Victoria, Australia

3. Further Insights Into The Collection Of Semen In Acute Spinal Cord Injury  
33rd Annual Scientific Meeting of IMSOP – 31st May – 2nd June 1994  
Kobe, Japan
4. Computer Aided Learning For Spinal Injury Personal Care – Co-Author  
Advancing Rehabilitation Conference 2nd – 4th November 1994  
Melbourne, Victoria, Australia
5. Invited Speaker "Paternity Hope For The Paraplegic Male"  
Forum: Hope For The Infertile Male – 29th-31st July 1995  
Kandang Kerbau and Tan Tock Seng Hospitals  
Singapore