

## PILATES TEACHER RESOURCE LIST

# FURTHER READING: PAIN

*with AOK Keep Moving*



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# WANT TO LEARN MORE ABOUT PAIN?

These are some of the resources I have found helpful on my journey of learning to empower my people with fear

## **Explain Pain**

The science behind how and why we experience pain, in an easy-to-read format. The book is an amazing resource that can also be shared with your clients. The workshop is 2 days of learning that also looks at practical ways to discuss this with your people.

## **Empowered Beyond Pain - Podcast**

Hosted by world-leading pain researchers & clinicians, with real-life people that have worked their way forward through persistent pain. It is super powerful to hear about personal stories, not just from clinicians!

## **Pain Health - Website**

Evidence-based, clinically supported information, tips and support plus a range of personal stories from people that have experienced managing their own pain.

## **Lorimer Moseley TedTalk**

Dr Moseley is a world-renowned researcher into pain, one of the authors of "Explain Pain" and an amazing presenter. This talk is titled "Why Things Hurt", but a quick google search will bring up several more of his presentations worth viewing.

## **Recovery Strategies - Guidebook**

## **Pain Management Guidebook**

Both of these guidebooks are aimed at being used IN CONJUNCTION WITH help from a health professional. They contain lots of great info & practical strategies, but not everything may be applicable to your people. This could be a guide that is shared between you, your clients, and their other health professionals.



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