

THE PAIN EXPERIENCE

HELPFUL RESOURCES

Empowered Beyond Pain - Podcast

Hosted by world-leading pain researchers & clinicians, this podcast includes many people that have lived with persistent pain sharing about their journeys to recovery

Pain Health - Website

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

Explain Pain - Book

The science behind how and why we experience pain, in an easy-to-read format suitable for general population & clinicians alike.

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 you. Some guidance in specific cases would help you sift through the volume of info in here.



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