

# A Revolution in the Understanding of pain and Treatment of Chronic Pain

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## Further Reading

### Videos & Podcast

Dr. Lorimer Moseley talks about the nature of pain in this 4 part series. Dr. Lorimer researches the role of brain and mind in chronic pain.

[Part1](#) , [Part 2](#), [Part 3](#), [Part 4](#)

Stanford University Pain Expert Sean Mackey talks about the modern pain science, the old biomechanical model, chronic pain and the treatment of chronic pain. This is really good.

### Podcast

Dr. Neil Pearson – the co-chair of Canadian Physiotherapy Pain Science Division – talks about the role of brain and managing your pain in a 3 hour presentation. If you are in chronic pain, this is a must-see series. Each of the parts is around 40-60 minutes.

[Part 1](#), [Part 2](#), [Part 3](#)

### Books

#### *Beginner Level*

[Explain Pain](#) by David Butler & Lorimer Moseley (This is must read)

[Painful Yarns](#) by Lorimer Moseley

[The Brain that Changes Itself](#) by Norman Doidge

#### *Intermediate Level*

[Pain](#) by Patrick Wall

[The Challenge of Pain](#) by Ronald Melzack

[Sensitive Nervous System](#) by David Butler

[The Back Pain Revolution](#) by Gordon Waddell

[Topical Issues in Pain](#) by Louis Gifford

### Web Articles

(My article on another website)

[Correcting Posture: Myth or Reality](#)

(Two-part series by Louis Gifford about treating chronic pain in athletes)

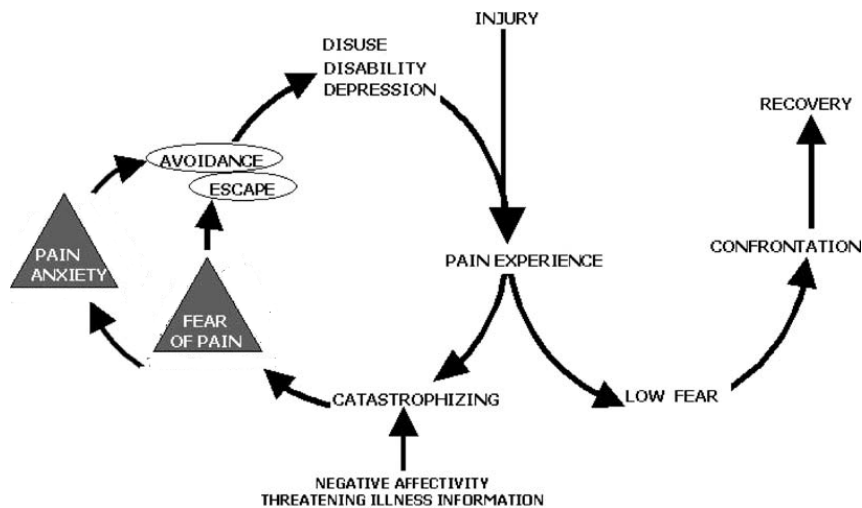
Part 1: [How sports psychology can be used to treat sports injuries](#)

Part 2: [Biopsychosocial Pain : Pain and brain - the biopsychosocial method of chronic injury rehabilitation](#)

### Websites

[www.somasimple.com](http://www.somasimple.com)

[www.bodyinmind.org](http://www.bodyinmind.org)



**Figure 2:** The fear-avoidance model of chronic pain shows how acute pain after an injury can become chronic due to pain catastrophizing (a negative mental state about pain), fear of pain, and anxiety

## References

1. [Acute pain in an emergency clinic: latency of onset and descriptor. patterns related to different injuries.](#)
2. [Immediate and long-term phantom limb pain in amputees: incidence, clinical characteristics and relationship to pre-amputation limb pain.](#)
3. [Abnormal magnetic-resonance scans of the lumbar spine in asymptomatic subjects. A prospective investigation](#)
4. [Are "structural abnormalities" on magnetic resonance imaging a contraindication to the successful conservative treatment of chronic nonspecific low back pain?](#)
5. [The Clinical Importance of Meniscal Tears Demonstrated by Magnetic Resonance Imaging in Osteoarthritis of the Knee.](#)
6. [Theoretical Perspectives on the Relation Between Catastrophizing and Pain](#)
7. [Pain: Past, Present and Future](#)
8. [Response expectancies in placebo analgesia and their clinical relevance](#)
9. [Relationship of significance of wound to pain experienced.](#)
10. [A pain neuromatrix approach to patients with chronic pain](#)
11. [Reconceptualizing pain according to modern pain science](#)
12. [Phantom limb pain: a case of maladaptive CNS plasticity?](#)
13. [Extensive reorganization of primary somatosensory cortex in chronic back pain patients](#)
14. [Central nervous system plasticity and persistent pain](#)
15. [The fear-avoidance model of musculoskeletal pain: current state of scientific evidence.](#)
16. [Fear of Pain as a Prognostic Factor in Chronic Pain: Conceptual Models, Assessment, and Treatment Implications](#)
17. [A randomized controlled trial of intensive neurophysiology education in chronic low back pain.](#)
18. [Widespread brain activity during an abdominal task markedly reduced after pain physiology education:](#)
19. [2001 Volvo Award Winner in Clinical Studies: Effects of a media campaign on back pain beliefs and its potential influence on management of low back pain in general practice](#)
20. [Graded Activity and Graded Exposure for Low Back Pain](#)
21. [Systematic review and meta-analysis of randomized controlled trials of cognitive behaviour therapy and behaviour therapy for chronic pain in adults, excluding headache](#)
22. [Low back pain symptoms show a similar pattern of improvement following a wide range of primary care treatments: a systematic review of randomized clinical trials](#)
23. [Rehabilitation of Movement Chapter 5: Pain by Louis Gifford](#)
24. [The mechanisms of manual therapy in the treatment of musculoskeletal pain: a comprehensive model.](#)
25. [The back pain beliefs of health care providers: are we fear-avoidant?](#)

