

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

Anoop Balachandran | www.exercisebiology.com

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

www.bodyinmind.org

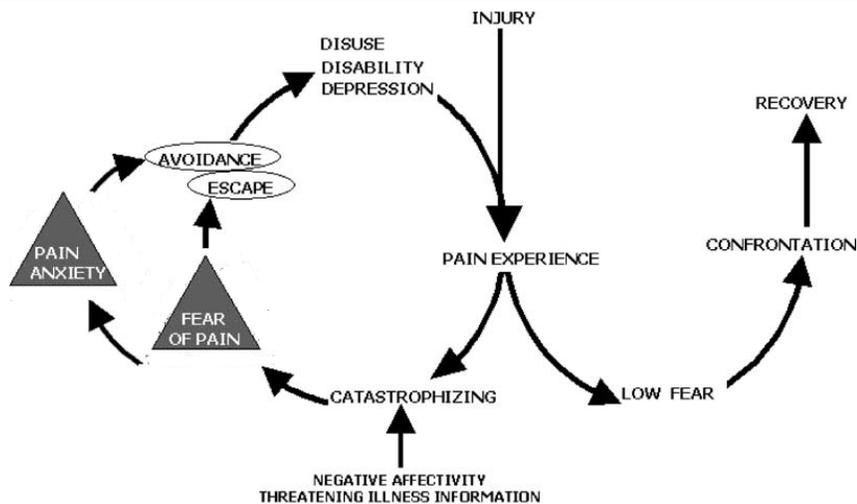


Figure 2: The fear-avoidance model of chronic pain shows how acute pain after an injury can become chronic due to pain catastrophizing (a negative mental state about pain), fear of pain, and anxiety

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?](#)

