

RESOURCES

BOOKS

Painful Yarns by L Moseley (2007) – www.noigroup.com

This book is a short collection of Australian stories told to help readers understand modern pain biology. Written by a clinical neuroscientist, each story provides a metaphor about pain and can re-shape thinking in a memorable and often humorous way.

Manage Your Pain – Practical and Positive Ways of Adapting to Chronic Pain by Dr M Nicholas, Dr A Molloy, L Tonkin and L Beeston (2011)

This book provides practical advice to help people understand and then manage their pain. It outlines steps that anyone can take to minimise the impact of persistent pain on a person's life, work and leisure.

Explain Pain by D Butler and L Moseley (2nd Ed 2013) – www.noigroup.com

This book explains in detail how pain works. It is written for both health professionals and people with persistent pain.

The Brain that Changes Itself by Dr Norman Doige (2007)

This book is the absolute leader in explaining our current understanding of how the brain works and constantly adapts to the situations we are in. Astonishingly easy to read given the subject matter.

Spark! The Revolutionary New Science of Exercise and The Brain by Dr John J Ratey(2013)

This book explains in clear terms how physical exercise is fundamental in changing the way in which our brain operates

VIDEO

Understanding Pain (What To Do About It In Less Than Five Minutes) by the Hunter Integrated Pain Service -

<http://www.youtube.com/watch?v=4b8oB757DKc>

A rapid-fire 5 minute YouTube video summarising modern approaches to persistent pain management. This is worth a look at even if simply for the interesting animations!

WEBSITE

Pain Management Network

<http://www.aci.health.nsw.gov.au/chronic-pain>

Pain Health Website by Department of Health, Western Australia -

<http://painhealth.csse.uwa.edu.au/index.html>

These excellent websites provides reliable and useful information and skills to assist people in the co-management of their musculoskeletal pain. You can listen to a number of personal 'pain stories' by people who share how they are overcoming challenges associated with pain.

TELEPHONE SERVICES

Telephone Service: Get Healthy Information and Coaching Service – Tasmanian Government <http://www.gethealthy.tas.gov.au/This> generic telephone coaching service (Australia) provides information and support for people seeking to achieve personal health goals. It is a free service and involves telephone follow up to support people to develop healthy eating habits, improve physical activity and achieve and maintain a healthy weight.

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